



Commit to consistency with swimming lessons

Winter is here and when the temperatures start to drop, some mums, dads and carers decide to hang up the togs and look for other sports and activities to entertain and engage their children. But **to be a great swimmer and to see continual improvement you need to be consistent.** Winter is the perfect time to keep your children in swimming lessons because, unlike back yard pools and local beaches, the water is warm. With limited water exposure during the cooler months it makes perfect sense to continue lessons and provide your children with the best chance for improvement.

As a parent, making the decision to commit to swimming lessons year round will see your child push forward and improve, building confidence in their swimming skills and gain more independence in an aquatic environment. We all know how hard it can be to start back at the gym after a few months off – so we keep going to avoid having to start at square one. The same goes for your child and their swimming development.

Ceasing lessons for any period of time throughout the year can result in the regression of swimming skills and confidence in the water. Swimmers and their parents may also have unrealistic expectations about what they are capable of achieving when they are reintroduced to swimming lessons and often swimmers who have had a break may get a fright upon their return. This can occur because swimmers may not be able to swim the same distances or have the capacity to hold their breath for the same amount of time but parents may expect them to do so.

It is important to remember that if you have taken a break from swimming with your child, ease them back into it and rebuild their confidence and skills without expecting too much too soon. Even the most confident and competent swimmers can regress without consistent practice- this is why aspiring Olympians will commit to four years of training without skipping a session let alone a whole season!