

## SWIM STUDY FLOATS SWIM BENEFITS

Thanks to the 'Early Years Swimming Study', we in Australia have officially known for several years, learning to swim from a young age and regularly, can help kids not only become safer and stronger, but smarter; the study found swimming can help children to develop physical, cognitive and social skills faster than those who do not have lessons.

However, now a report funded by Swim England, has revealed the unique benefits of water making it the perfect place for people of all ages to exercise - particularly those with long term health conditions; regular swimming also helps older people stay mentally and physically fit.

It's also claimed, swimmers live longer – I'll say that again – swimmers live longer; I might have to ramp up the laps!! It added that swimming can lower the risk of early death by 28 per cent, and lower the risk of death due to heart disease and stroke by 41 per cent.

One of the greatest elements of this study is that it shows, from grassroots to green pastures, swimming is the sport and hobby for all of us!

But more importantly, learning to swim from a young age can not only help children develop more quickly than those who aren't exposed to swimming, but can make them safer in and around water; and who doesn't want to reduce drowning deaths across the world?!

To read more look on the link: <http://blogs.bmj.com/bjbm/2017/06/23/major-new-study-health-benefits-swimming-released/>



Ross Gage - CEO  
Australian Swim  
Schools Association  
(ASSA)



sourced by Swim England Media Release



Learning swimming skills well can last a lifetime – don't rush it.



For under sixes and non-swimmers – stay within arm's reach.



## How Can Swimming Help With Maths?

By Professor  
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Swimming teachers use a lot of mathematical language in their teaching. There is a lot of spatial language – about shapes, colours, positions – that helps young children learn many maths ideas.

In the Early Years swim project, I observed teachers using a very rich language of mathematics as they taught their lessons. Children were told to get various shapes or colours from under the water, as well sort objects.

While this seems like a simple idea, the language is really important as it primes students for the mathematics they will experience when they come to school. So, teachers talking about shapes and colours in particular help children to learn many of the pre-number ideas well ahead of their entry to school.

## Real Stories >

*Susan Seipel is a champion in many sporting disciplines – including swimming, Para-equestrian, and Paracanoe. She's also an ASSA Ambassador.*

Susan was born with Arthrogryposis Multiplex, it's a rare disorder characterised by fusion of joints and absent muscle formation in her legs. Undergoing her 1st operation at only 4 weeks old, She was admitted to hospital 13 times before the age of 15. However, Susan has never let this stop her from aiming big.

Learning to swim at the age of four at the Bellbowrie Swimming Club, by the time she was 15, she had broken six Queensland records, and three Australian national age records in freestyle and backstroke.

She also competed for 14 consecutive years in Para-equestrian dressage, at national level, and was Australian champion three times.



However in 2012, she joined the Brisbane Canoeing Club. In a show of complete sporting diversity, she finished second in the VL2 200m final at the Rio Olympics in 2016, and recently won the World Championships in the Czech Republic in the same event.

“Swimming got me into sport and gave me freedom from my disability. When I was in the pool I could compete against my peers and discover my true ability and talent. I absolutely loved swimming and think everyone can benefit from learning how to swim,” said Susan.

## Hot Tips

**Royal Life** – Non-fatal drowning is devastating [Click here >](#)

**Ozone Swim** – Reducing chlorine in home pools. [Click here >](#)

**THE BUB HUB** - 5 tips to preparing for Primary School [Click here >](#)

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## Make The Most Of Your Family's Swimming Experience



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