



Little swimmers are smarter!

Studies show that swimming assists infant development by working multiple areas of the brain through combined movement, such as the use of arms and legs together. 85% of core brain structure is developed in the first three years of a child's life, so it's a great time to be in the pool.

Baby and toddler swimming lessons help to develop:

- Balance and motor skills
- Hand/eye/foot coordination
- Language
- Self-esteem
- Social skills
- Sense of belonging

At Hilton Brown Swimming we've developed an infant swimming programme that lets children progress at their own pace. Parents or caregivers actively participate, so sessions are a valuable opportunity for bonding and fun. Our programme includes:

- Safe entries and exits
- Breath control
- Discovering buoyance
- Submerging
- Floating
- Moving through the water
- Rotation
- Water safety skills

Contact us now to book or ask questions.

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