



What are the benefits of learning to swim?

1

Swimming is an excellent source of exercise. Swimming aids cardiovascular health, strengthens lung capacity, improves sleep and provides energy.

2

Swimming increases performance in the classroom. Children who swim regularly have seen improvements in memory, concentration, and confidence.

3

Most importantly, learning to swim can save a life. Learning to swim at a young age decreases the risk of drowning and can save a life.

\$326k

\$326k raised to fund Scholarships in 2023

1.5 mil.

Backyard pools in the US in addition to tens of thousands of natural bodies of water

88%

Swim lessons reduce the risk of drowning by 88%

To learn more visit: everychildaswimmer.org