

Media Release
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Swimming through winter necessary for children's health and development

Children who swim in winter will be fitter and have stronger immune systems, making them less susceptible to common winter illnesses, despite the old wives tale that children will get sick swimming during the colder months.

Learning to swim in winter is crucial to ensure children can swim confidently and independently, as well as maintaining the recommended skills for increased swimming activities during summer.

Senior lecturer at Monash University's Faculty of Education, Dr. Tim Lynch, said swimming is possible during winter thanks to the comforts offered by modern indoor swimming facilities.

"Today, children can continue regular swimming lessons and aquatic experiences, optimising their development and enjoyment. There are also many holistic health benefits that physical activity and swimming enable," Dr. Lynch said.

Former Australian swimming coach and founder of the *Kids Alive – Do the Five* water safety program, Laurie Lawrence, agrees that swimming is a healthy year-round activity.

"Winter is the perfect time to keep improving swimming skills," Laurie said, "This winter emphasise the one thing that can save your child's life by teaching your kids to swim and remember Kids Alive Do the Five!"

The recently opened Peninsula Aquatic Recreation Centre (PARC) based in Frankston, offers a Learn to Swim program that has been especially tailored to provide swimming pathways that cater for all ages and levels of ability.

Former Commonwealth Games swimming medallist and PARC Centre Manager, Simon Beqir, encourages kids to swim at PARC through winter, enjoying the controlled environment within state-of-the-art facilities.

"Swimming is the best sport in winter to keep fit, boost children's immune systems and make them less susceptible to common winter illnesses.

"At PARC, the temperature is between 26 and 30 degrees all year round, 24 hours a day and the centre is protected by weather-resistant entrances. Indoors at PARC your child won't notice the winter cold, from entering the centre, having a swimming lesson, going from the pool to the hot showers and getting dry and changed," Mr Beqir said.

"PARC's controlled family friendly facilities are comfortable for everyone and we offer all kids who sign up to the Swim program a free PARC beanie to keep their heads warm as they make their way out of the centre," Mr Beqir continued.

The PARC Swim program includes a guarantee that every child will progress after three terms, otherwise they will receive a complimentary second lesson per week until they do.

For more information on the PARC Swim program visit www.parcswim.com.au or call 03 9781 8444.

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For further information or to arrange an interview please contact:

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