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### SNCA Mission Statement:

**Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.**

### Contact Us

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## For the Kids – The Benefits of Swimming

Teaching children to swim and encouraging them to swim regularly can have significant benefits and long term effects on both their health and their safety. Swimming is a great way to encourage healthy levels of physical and social activity. During the summer it is a great way to cool off and have fun and with an indoor pool, you can promote an active lifestyle all year long.

Studies show that swimming is an excellent activity for children and according to [healthbenefitofwater.com](http://healthbenefitofwater.com), it can have a profound impact on a child's life: Physically, water acts as resistance to help build muscle strength and consequently children grow stronger and more coordinated. Children participating in swimming programs also score higher for intelligence and problem-solving, which carries over into excellence and alertness in school and children who swim year round are found to be more self-disciplined, more motivated and more self-confident.

According to the Centers for Disease Control and Prevention (CDC), swimming is also a way to prevent childhood obesity, which has been linked to juvenile diabetes. In addition, the CDC found that people tend to exercise for longer periods of time while swimming. Also reiterated by the CDC is that encouraging your child to swim can improve their mental and emotional health, specifically noting that swimming can improve overall mood and help combat depression.



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Many pediatricians recommend swimming as a great developmental activity for children and 24 Hour Fitness states that swimming is an excellent cardiovascular workout that promotes heart and lung health, improves strength and flexibility, increases stamina and even improves balance and posture. They also state that the natural buoyancy of the water is more relaxing than other types of exercise.

Sarasota Swim Academy has compiled the following lists of benefits:

- Swimming develops high quality aerobic endurance; the most important key to physical fitness.
- Swimming creates proportional muscular development by using all the body's major muscle groups. No other sport does this as well.



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- Swimming enhances children’s natural flexibility (at a time when they ordinarily begin to lose it) by exercising all their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace and fluidity of movement.
- Swimming is the most injury free of all children’s sports.
- Swimming is a sport that will bring children fitness and enjoyment for life. Participants in Master’s Swimming programs are still training and racing well into their 80’s.



In addition to physical development, children can develop greater intellectual abilities by participating in swimming. Learning and using swimming skills engages the thinking process and as they learn new techniques, they must develop and plan movement sequences. Children improve by exploring new ideas and they learn that progress is the result of using their creative talents. Self expression can be just as much physical as intellectual. Their accomplishments in learning and using new skills contribute to a stronger self image.

Young swimmers learn:

- To link quality of effort with quality of results.
- To work cooperatively and unselfishly with others.
- The value of persistence - "If at first you don't succeed..."
- How to set goals and enjoy their achievement.
- How to make intelligent choices and decisions.

Children in our area need to have access to swimming opportunities in controlled and safe environments. SNCA is striving to provide these opportunities for them and others, knowing that swimming can be valuable, fun and life saving.

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## Fall Adopt-A-Pool Update

The Fall Adopt-A-Pool at the Northwest Pool will **not** take place this year. On an average year, the City of Reno will close the Northwest Pool down for a two week period to do maintenance and prep the building for the winter months. This year with the City’s financial short fall, they simply do not have the money or the manpower to perform the two week shut down.

SNCA is still planning on having an Adopt-A-Pool next spring for the opening of Idlewild Pool. Please stay tuned for the details of that event in early 2012.