



What Happens If We Stop Swimming Over Winter:

Winter brings with it a variety of reasons that parents choose to stop swimming lessons over winter. There is winter sport, health reasons or the need to “take a break”.

As each summer begins and children re-enrol parents begin to ask why their child has “forgotten” how to swim.

If you are intending to stop lessons for a while it is important you know what to expect when your child re-commences lessons.

Children learn according to their development. Each skill performed is a conscious one achieved by remembering how it was done last time. For this reason any break of more than two weeks, will result in some level of regression for your child.

It is quite reasonable to then to expect that if your child had a 3-4 month break they would then spend the next 1-2 months re-learning skills they learnt the previous summer. As a guideline we find it takes about half the length of the break to re-learn the forgotten skills.