

AMBPS – SWIMMING LESSONS

Swim lessons are important because they help teach a child not only proper swimming techniques, but also because it encourages them to be independent in the water. Swimming lessons are a great way to promote an active and healthy lifestyle for children. Because of all the active movements included in swimming, kids develop strength and endurance. In addition, swimming enhances the flexibility and balance of the body.

Swimming benefits for kids include mental and physical development, improvement of social skills and confidence and as well as building skills for safety. While swimming together with other children, kids develop a valuable social engagement which helps them to improve their social skills outside of school too. Due to the stimulation of young kid's senses regularly swimming improves brain and emotional development. Due to the increase of endorphins in the brain, swimming help kids to effectively relieve their stress.

The students of Al Muntazir Boys Primary participate in swimming lessons on a weekly basis. This provides an opportunity to boost their development in all areas including physically, socially and emotionally. The students participate whole-heartedly and really enjoy their sessions.



AMBPS STUDENTS - SWIMMING IN PICTURES

