



Give your child the most beautiful gift of being able to swim



The health, wellness and safety of the children in our community is our priority. With drownings sadly on the rise, there is no better time to learn to swim to prepare for summer.

We all know that swimming is fun and a life skill but have you ever really thought about all the benefits: Did you know...

Physical activity has a direct link to academic performance due to improved brain co-ordination. Dopamine and serotonin, happy brain chemicals that enable motivation, learning and pleasure is increased during exercise.

Swimming is the only sport to be included in the national curriculum physical education programme.

Water supports up to 90% of the body's weight, so in later years or with any injury, swimming is a brilliant way to stay active.

The colour blue has a calming effect on a human body.



Lessons are available after school & on weekends with UNLIMITED free public swimming for your child

Contact Runnymede or Waterside Farm
Leisure Centre for more information.
Phone: 01268 756514 / 01268 694342
Email: leisure@castlepoint.gov.uk
Website: www.castlepoint.gov.uk/leisure


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