

# Don't be a fish out of water

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**W**hen it comes to knowing just how wonderful swimming is for your mind, body and soul...

The Cornwall Aquatic Centre offers an Aquatic Buddy program. This program is volunteer based and helps children with special needs receive assistance during their swimming lessons. Aquatic Buddies are training to become lifeguards and instructors and are an important link between the child and his or her chance to take full advantage of the Red Cross Learn to Swim programs.

Swimming offers physiological, psychological and sociological benefits. Swimming can help with cardio-

vascular and muscular endurance, increase strength and improve flexibility. Participants have the opportunity to experience success, enhance self image and experience positive emotional outlets. Many special needs are far less evident when the

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participant is in the water. Swimming provides opportunities for peer interaction in a safe enjoyable environment. Overall, the health benefits and fun factor of swimming will help raise confidence and self-esteem.

For more information on our Rehab Swim or other aquatic swims of programs contact the Cornwall Aquatic Centre at 613-933-3586 or visit us at [www.cornwall.ca](http://www.cornwall.ca).