

# Swimming

Swimming is an **AMAZING** activity that promotes sensory integration, motor planning, spatial awareness, bilateral coordination, improved core and overall strength, and more.

Did you know that water provides 600-700 times the resistance of air and, when you're swimming, you have to use 12x the force in order to move your body? Talk about intense proprioceptive input!



Swim in a pool, lake or at the beach!

