Research in Australia has demonstrated that early participation in swim lessons can accelerate a child’s cognitive development.

- Starting in 2009, Griffith University embarked on a large, four-year *Early Years Swimming Research Project* with 45 swim schools across Australia, New Zealand and the United States, the largest study of its kind.
  - The preliminary results show that children under the age of five involved in swim lessons are more advanced in their cognitive and physical development than their non-swimming peers.
  - The results show minor benefits to social and language development.\(^{11}\)
- In 2011, researchers in Melbourne reported intellectual and physical benefits for early swim lessons.
  - The scientists determined children who were taught to swim by five years of age had statistically higher IQs.
  - The research also showed that moving in high water resistance strengthened the children’s muscles more rapidly than playing on the floor because swimming activates more large muscle groups.\(^{10}\)

Recent studies have shown the amount of a person’s movement and exercise affects the size and memory capacity of his hippocampus.\(^ {12}\) The hippocampus is an area of the brain primarily associated with memory and learning.

- Draganski and Gaser observed an increased number of neurons in the hippocampus of humans engaged in a controlled exercise program.\(^ {6}\)
- Art Kramer and his colleagues at the University of Illinois and the University of Pittsburgh discovered that “higher fit people have a bigger hippocampus.” They concluded that more tissue in the hippocampus equates with increased ability in certain types of memory.\(^ {12}\)