**Underwater magic for children**

“These freedivers are totally insane! They risk their own lives, and even take their children with them! It’s dangerous, scary, and absolutely unnecessary for a child!”: these are just a few of the comments from those who are too far from diving. Perhaps, diving seems really dangerous to a person who has nothing in common with it, especially without special equipment. As for children, freediving is rarely considered as a suitable sport. And that’s totally wrong. Diving and snorkeling are great for children, even for very small ones. If you are of a different mind, this means you follow false stereotypes.

**Natural and beautiful**

To begin with, water is a native environment for a human being. Babies are very glad about staying in a bathroom or a pool; it’s a well-known fact. We just mustn’t scare a baby. Babies remember their intrauterine lives, feel the water as a natural environment.

Water activities with babies are becoming popular nowadays. But this is not know-how at all. Even conservative Soviet medicine considered swimming to be good for babies. Famous Zakhariy Firsov wrote a book called "Swiming Before Walking." According to his special methodology, babies started their lessons at 2-3 months, and by 9-12 months, they could dive. Thus the foundations of freediving for babies were laid back in Soviet times. Therefore, when someone is talking about the danger of this activity today, it’s definitely an old-fashioned case.

Look at the kids on vacation! What do they like to do in water most of all? Surely! To dive! So why should we be afraid of freediving and scare our children with the activity that is fun, interesting, and exciting for them? Why impose sports activities that are not at all attractive? Should we try to convince that this is the best option, endure tears, and unwillingness to go to the sports section? You can simply offer your child something that is close, comfortable, and easy to deal with.

**Safe and gradual**

Now let’s talk about the main thing: about security. Properly designed activities for child freediving are safe. There are no exercises causing the feeling of discomfort, pain, or fear of a baby.

Typically, training courses, especially for young children, are based on the gaming approach. Parents always participate in the process. A competent trainer evaluates the level of a child at the very beginning, i.e., what this child can do underwater. The training process begins even if your baby cannot swim at all and is afraid of depth. In many ways, freediving is a struggle with your fears.

* Children who swim well, start diving, learn to hold their breath, and move organically underwater at the first lessons in the pool.
* Those who still do not fully believe in themselves, but already know how to stay on the surface, master the simplest exercises. They hold their breath in static, do full or partial exhalation, and lots of other things.
* A child who does not know how to swim at all starts with basic skills: how to stay on the water, how to make swimming movements. If there’s a fear of water, a trainer will work with this component together with the parents. It always takes some time to get rid of fears, but in any case, it requires some attention from adults.

Classes usually begin in the child's pool, where even the smallest kids feel relaxed: they reach the bottom with their feet. If training goes in a natural water body, for example, in a children's camp at sea or at a freediving base, a place with shallow water is selected for that. Children gradually move deeper.

After gaining basic skills, children are involved in underwater games. For example, when you need to get a toy from the bottom. Each time the task is more complicated than in the previous case. An adult is always nearby. This person dives simultaneously with the child. Besides, children play underwater football, catching up, swim under obstacles.

Good experts teach serious things cheerfully. This is what a child really likes. The main thing is to find a coach who will be the most comfortable both for little trainees and their parents. Trust plays a significant role in such sports as freediving.

**Useful and effective**

To talk about the usefulness of freediving for children means to list an infinite number of advantages. We will just highlight the main of them:

* Diving strengthens a child’s muscular corset. It develops a skeleton. Moreover, no other sport trains some small and deep muscles.
* Apnea – holding your breath while diving increases lung capacity. With each dive, a child increases the time spent without air.
* Heart training. Natural, soft, gradual load allows a body to strengthen the vascular system without any stress.
* Flexibility and mobility. Natural, smooth movements underwater are as close to natural ones as possible. Young freedivers can boast of a good stretch, and this is a concomitant effect of classes, without painful training typical, for example, for little gymnasts or ballerinas.

After freediving, your child will feel great. This is a great way to grow a beautiful, harmoniously developed person.

**Healthy and correctly**

Regular freediving is the way to prevent a wide range of diseases. We have already mentioned about strengthening a heart, lungs, and muscles. Underwater swimming is a natural massage that allows you to keep your body in a tone full of energy.

Modern children are prone to allergic diseases with asthmatic complications. The polluted air of big cities, unhealthy food has the potential to cause such problems. Freediving will help one to avoid them. Doctors recommend swimming and working on the respiratory system for children who suffer from asthma, especially during flowering periods of herbs that cause allergies. Besides, water naturally flushes harmful pollen from the skin. Staying in a humid environment moisturizes bronchi and mucous membranes. This is especially effective when a small freediver is somewhere on the sea.

Kids who regularly swim have strong immunity. They catch colds less often and more easily tolerate viral diseases.

**Fun and informative**

Trainers are unanimous about the fact that children who are passionate about something are less likely to be aggressive, and do not fall into bad associations. They do not suffer from idleness, do not seek some activities for themselves. Their free time is filled with what they love.

Modern children often suffer from a lack of communication. Virtualization of friendships leads to the fact that they gradually lose their personal communication skills. The social circle is limited to family and school. To add classes in the company of fun young divers and swimmers can be a good experience in communication with children who are also passionate about the water element.

It is usually not enough for a small person to study our world sitting at the desk. Freediving expands the horizons. A pool almost always starts the classes. The further possibilities depend only on the parents’ decision: the Russian Black Sea coast, Turkey, the Maldives. The geography is very wide.

Going deep under the water, a person gradually discovers this world. It is amazing, limitless, and so little studied. Many children are fond of the flora and fauna of the ocean, study books, watch films about it.

Diving train a sense of purpose. At some point, a child and parents must decide whether freediving is an interesting hobby or sport where you want to reach heights. In the second case, the training will be more focused and complex.

A child grows courage. Fear of water is typical for many adults. And it comes from their childhood. Sometimes panic occurs in the most inappropriate situations. Fears interfere with life, deprive the fullness of existence, joy, diversity of sensations. Taking your son or daughter to freediving lessons, you will be sure that phobias concerned with water, confined spaces, and lack of air will go away forever.

Are you thinking about freediving for a child? We hope that when you read this, there will be no doubts left about that!