

Why is swimming good for me?

Swimming can help manage your health both physically and mentally. Benefits may include improved heart, lung and brain function. It may also assist in managing health conditions such as blood pressure, weight management, mental health, chronic pain, blood sugar, immunity and muscle strength and conditioning.

How is Swimming365 different?

Swimming365 is a not for profit organisation. The ethos is to create a community of people wanting to improve their metabolic and mental health through swimming exercise and food and diet knowledge.



What is the program?

Swimming365 members swim once, twice or three times a week currently at Scotch College pool. The sessions are for an hour and are held over 4 terms throughout the year. Competent coaches, who are passionate about swimming, guide and support you to swim at your own level.

How can I join?

For enrolment and more information go to the website **Swimming365** and follow "How to join?" or email freestyle@swimming365.com.au

See you in the pool!