



**Scottish
Water**

Trusted to serve Scotland

Proud to Support



Just Keep Swimming



When I grow up I want to be...

... **happy**

Swimming is fun.

No matter if you're 8 or 88, swimming makes you smile and feel good.

For children, it's not only about developing a life skill, at the Club Ready stage and beyond it's a chance to make friends, be challenged and learn team spirit. It's invigorating.



When I grow up I want to be...

... **healthy**

Swimming keeps us fit and healthy.

Regular swimming, especially at the Club Ready stage is one of the most efficient and effective forms of exercise. That's because swimming is a whole body activity, arms and legs, heart and lungs working together to keep you fit.

Club swimmers often find themselves good at a range of sports simply because their fitness levels are so good. That builds confidence and a sense of achievement.



When I grow up I want to be...

... **adventurous**

Swimming helps to keep you safe.

Children who continue swimming to Club Ready and beyond develop correct technique in a variety of strokes. This builds confidence and skills for a range of water sports such as kayaking, rowing, surfing and sailing.

It's great for children to be adventurous and swim in safe open water with the knowledge that they are strong swimmers.



When I grow up I want to be...

... **successful**

Swimming leads to great things.

It opens doors to diving, water polo, open water, synchronised swimming, coaching and life-saving. There's truly something for everyone.

Children who stay in the sport learn transferable skills that will help them reach their full potential in life: confidence, team-working, self-discipline, time management, perseverance and resilience.



When I grow up I want to be...

... inspired

Not all of us can become Olympic medallists like Duncan Scott but all Olympic swimmers learned to swim.

Swimming is one of the few sports in Scotland that offers opportunities to learn, to compete and to progress right to the top level of the sport. It is one of the most well organised sports from the grass roots to elite competition and has benefits linked to health, communities and attainment.

Swimming really is a sport for all and a sport for life. Just keep swimming.





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