



Top Tips to Enjoy Swimming

Swim as a family - One of the many benefits of swimming at Cardinia life is that you can practice your skills or have a fun casual swim at any time that the pool is open. On the day of the lesson, as a family, you can all enter the facility and enjoy some time in the water. Casual swim time plays a key part in children learning to have fun, exercise and practice swim skills.

Start swimming from 6 months - This is a wonderful time for parents to be in the water with their infants, helping them to obtain Water Awareness from a young age.

Keep swimming all year - Swimming is a confidence based activity, and the best way to build confidence and encourage skill development is to keep your children swimming.

Enjoy the warmer weather and explore other water environments - Take your children to the beach, river & lake over these summer months so they can experience swimming in different water situations. Not all water is clean, clear and heated.

As a Swim School member at Cardinia Life, you can enjoy unlimited visits to the Cardinia Shire Outdoor Pools over the Summer Season. Please join the Outdoor Pools Facebook page for daily updates on the pools opening times.

But remember to always be watching them constantly, or even better, be in the water with the family.