



# SILVER SALTIES

## Pool Swim Club

**Objective** To promote the health benefits of doing a 30+ minute moderate to vigorous pool swim on a regular basis with a focus on personal goal setting and choice of swim strokes.

### Duration

45min – 1hr  
per session

### Frequency

One+ session a  
week

### Program

10 weeks (or  
ongoing)

### Speed

The pool swim group activities will cater for all speeds i.e. slow, medium and fast. No participant will be alone.

### Place

SLS Club meeting point  
near park/green space

### Intensity

Moderate to vigorous

### Criteria

*All participants should:*

- Have good to very good mobility and a good level of fitness.
- Be able to swim 200m comfortably in a pool.

### Safety

*All participants should:*

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- Use relevant support equipment e.g. flippers.

### A Typical Session

- Welcome, introductions, group check in, safety and session overview by SLS Club Leader – 5min
- Warm-up walk in pool and/or slow swimming strokes – 5-10min
- Main swimming set including fun challenges to build up fitness and swimming confidence – 25-30min
- Cool-down in the pool e.g. walking, stretching, slow strokes.
- Morning tea – Participants can meet up for morning tea with the rest of the group e.g. bring a plate and meet at the park or meet at a local café.

# DID YOU KNOW

The goal is for older Australians to vary their exercise regime to include a range of strength, balance, flexibility and cardiovascular workouts.

Only 6.4% of older Australians include swimming in their exercise schedule. Other activities older Australians do include:

**45.6%**  
WALKING

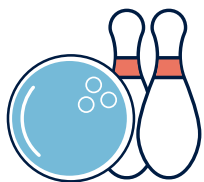


**9.1%**  
AEROBICS/CALISTHENICS



**7.7%**  
GOLF

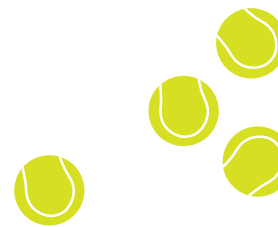
**6.4%**  
SWIMMING



**9.4%**  
BOWLS

**5.2%**  
GYM WORKOUT

**3.2%**  
CYCLING



**2.9%**  
TENNIS

**2.1%**  
DANCING

**2%**  
FISHING



**1.4%**  
TAI CHI

**1.2%**  
WEIGHT LIFTING

**1.1%**  
YOGA