

## **Why Swim – Wayne Goldsmith**

Swimming is an outstanding sport. It is a pure sport – little or no equipment required. Just athletes, swim suits, some goggles and add water!

Swimming teaches life lessons that create great people not just great athletes.

Swimming teaches teamwork. It teaches confidence and self-belief. Athletes develop goal setting abilities.

Swimmers learn how to overcome adversity. They learn how to strive for excellence.

Swimmers develop values and virtues like integrity, honesty, humility, courage and discipline.

Swimmers learn about health, physical fitness and nutrition.

Swimming prepares athletes for life.

There is nothing – nothing -- a successful swimmer can't achieve in life.

Swimming saves lives – learning to swim can save your life and the lives of people you love.

Swimming is non-weight bearing exercise that is great for joints and cardiovascular fitness for all ages.

Ready to swim????