



Scottish
Swimming

Next Steps on your
Swimming Journey



sport aberdeen

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Welcome to our aquatics family

Congratulations on reaching the final stages of the Learn to Swim programme. You now have the wonderful opportunity to join a club and continue your aquatics journey so you can enjoy all the benefits that a well organised, safe, fun, flexible and successful sport offers.

Inspired to Try Aquatics?

- We are one of the biggest sports in Scotland and are well run with competitions, camps and fun events at every level of the sport
- Aquatics offers individual and team opportunities with choice in swimming, diving, artistic swimming, water polo or open water swimming
- Joining an aquatics club is a natural transition as you are already great at swimming and you can learn, train and compete in Scotland



Fun!

Being in a club is really good FUN! Clubs provide a safe, welcoming and social environment where young people are supported and encouraged to fulfil their potential wherever that journey may take them. It gives a fantastic sense of belonging and confidence for young people.

It's a myth that all swimming clubs train at the crack of dawn! Morning training is optional and only happens when swimmers progress to a level where they want to achieve a high level of competition.



Friendships

Friends who train together stay together. Aquatics sport in its unique water-based environment, opens the door to a whole new group of like-minded friends who become life-long companions and a valuable support network as you progress on your athlete journey.

It can be of great benefit to have a circle of friends, on top of your school friends, with whom you can share successes, achievements and personal challenges.



Physical fitness

As a strong swimmer you will already know the fitness benefits of regular swimming. In a club environment you will be training more regularly and will see improvements in muscle tone, aerobic capacity, stamina and endurance.

Swimming exercises the whole body and athletes often find themselves good at a range of sports simply because their fitness levels are so good.



Mental health

Club swimming and other aquatic sports allow the mind to focus, leaving stress behind and aiming to achieve personal goals which breeds confidence, resilience and mental strength. This is incredibly valuable and transferable to other areas of your life such as school exams or peer pressure.

Learning to lose is as valuable as learning to win as it develops an individual toughness applicable to any challenge in life.



Skills

Club sport in aquatics develops not only specific skills relevant to the sport, but a range of transferable skills useful for employment opportunities.

Swimmers, with their regular and frequent training schedules, develop excellent organisation, time-management and prioritisation skills which can help with attainment at school.

Training schedules are flexible and adaptable but ultimately create a sense of routine and commitment.



Success

Success comes in many shapes and forms. It could be achieving a personal best, winning a team relay event, mastering a new technique or standing on the podium at a national championship. Your individual athlete journey starts in the club and will offer adventure and opportunity to fulfil your personal goals.

Not everyone can be an Olympic athlete but every Olympian began their journey in a club. What you will learn throughout your journey as an aquatics athlete will be as important as the milestone moments.

In Scotland you can learn, train and compete at the top level of sport.



Let the journey continue

There are more than 150 aquatics clubs in Scotland. They offer a wealth of competitive and recreational opportunities in aquatics to keep you mentally and physically fit.

Find out about clubs in your area by visiting the club finder tool at [Find a club | Scottish Swimming](#) (or scan the QR)

You will also find more information about the various aquatic sports and what they offer at www.scottishswimming.com

Your athlete journey is only just beginning.



scottishswimming.com



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