

Laps for Life

1 in 4 young people in Australia are currently experiencing mental health difficulty. But there's an even bigger problem; 70% of those who need help don't get it, and suicide remains the leading cause of death amongst young people in Australia.

Sapphire Aquatic Centre (SAC) is getting behind Laps for Life. We are encouraging people to help raise awareness and swim to save lives.

Throughout March, we are running a competition to swim as many laps as you can. We have some amazing prizes on offer, including swim equipment and vouchers, courtesy of our sponsors Zoggs, Amanzi, Funky Trunks & Funkita.

Competition Age Groups: subject to competition entries

- Under 10
- 11 & 12
- 13 & 14
- 15 – 17
- 18 – 29
- 30 – 39
- 40 – 49
- 50+

To Participate and Join in:

- Sign up at www.lapsforlife.com.au (you don't need to donate yet)
- Set your goals (fundraise personally by asking friends, family or co-workers to donate)
- Search 'Sapphire Aquatic Centre Pambula' and click 'Join Us/Team'
- Donate the competition entry fee to the Sapphire Aquatic Centre Team – **Entry Fee: \$5 for 17 & under, \$10 for 18 & over**
- Start swimming and log your laps online @ Laps for Life

*For competition, only laps outside squad/learn to swim programs should be counted