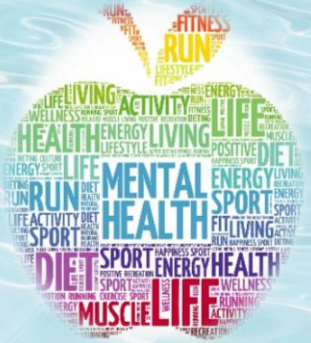
Victory Aquatics

Lap Swims for Mental Health



Depression

PTSD

Lap Swims – For Adults

- ✓ Regular swimming, even just half an hour at a time, 3 times a week, is known to be effective for lowering incidences of depression and anxiety and improve sleep patterns. Swimming releases endorphins, the natural feelgood hormones that lead us to experience a greater sense of happiness and wellbeing.
- ✓ Physical activity such as swimming can lead to a 30% improvement in self-worth, increasing general satisfaction in life.
- ✓ For adults living with conditions such as dementia, swimming is a great way to improve memory, focus and concentration.

Anxiety

Stress

Physical Fitness

https://www.swimmingworldmagazine.com/news/feeling-blue-go-for-a-swim-for-these-6-mental-health-benefits/

Register On-Line

www.victoryaquatics.org

Lap swims Mon-Fri 6:00-8:00 am ; Sat 5:30am-7:00am
(beginning Sept 1)

Pool: 3433 Parkside Dr, SB
(909) 735-0403

USA SWIMMING