



SILVER SALTIES

JOIN SILVER SALTIES! FUN, SAFE, SOCIAL AND HEALTHY!



Silver Salties is a physical activity and social connections initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia’s Move It Aus – Better Ageing Grants Program. Older Australians are a diverse group and could be any age e.g. 65yr+ or younger!

Silver Salties includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf which cater for older Australians regardless of their age, weight, mobility, fitness and experience. Morning tea afterwards is always encouraged too!

- Silver Salties is:**
- Social and fun
 - Free surf life saving community membership
 - Friendly, safe and beneficial activity
 - A small time commitment
 - For all older Australians in the community!

JOIN THE SILVER SALTIES PROGRAM AT:
and be part of the surf lifesaving community!



Surf Swim Group

Objective To promote the health benefits of doing a 30+ minute moderate to vigorous surf swim including fitness, social interaction and connections with the Surf Life Saving Club.

Duration	Day/s & Time	Cost	Meeting place	Intensity
				Moderate to vigorous

Format

- Welcome, introductions, group check in, safety and session overview.
- Beach walk and warm up on the sand.
- Swim within the red and yellow flags or around the inside of the swimming enclosure.
- Cool down in the surf e.g. catching waves, easy swim etc or on the beach e.g. easy jog or walk.
- Morning tea/breakfast - meet up for morning tea or breakfast back up at the club.

INSERT
LOGO
HERE

sls.com.au/silver-salties

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BETTER AGEING
GRANT