



Zara Lyth

SWIMMER AND HELPER



Zara is 17 years old and has been swimming and helping at The Flipper Club for many years - she's a real asset to the team!

LET'S HEAR FROM ZARA

When did you start swimming with The Flipper Club?

I've been swimming since I was little, and always loved being in the water, and it meant on holiday we could always stay near water and we were there almost all the time.

How has swimming contributed to your upbringing?

I love that swimming is a great way of re-energising and refreshing myself, where I don't have to think of everything else going on!

When did you start helping for the swim school, and what do you do as a helper?

I started helping after finishing my gold award in swimming. As a helper I get to encourage and assist young early swimmers, which I love as I can help them overcome fears of the water, and learn a vital skill.

What is next for you and swimming?

I'm planning on getting some qualifications for my swimming teaching soon, so that I can become a teacher.

What advice would you give to other young swimmers if they weren't sure where to take swimming?

Just keep it up! It's easy to fall out of the habit, and helping is a great way to see the benefits of learning to swim.

