

Swimming is a sport for every age

Many people think swimming is something you learn as a child...
or not at all.

But swimming is one of the few activities you can start, return to, and improve at — no matter your age.

At 81, Carole walked into a swimming class after 65 years out of the water.

This is her story

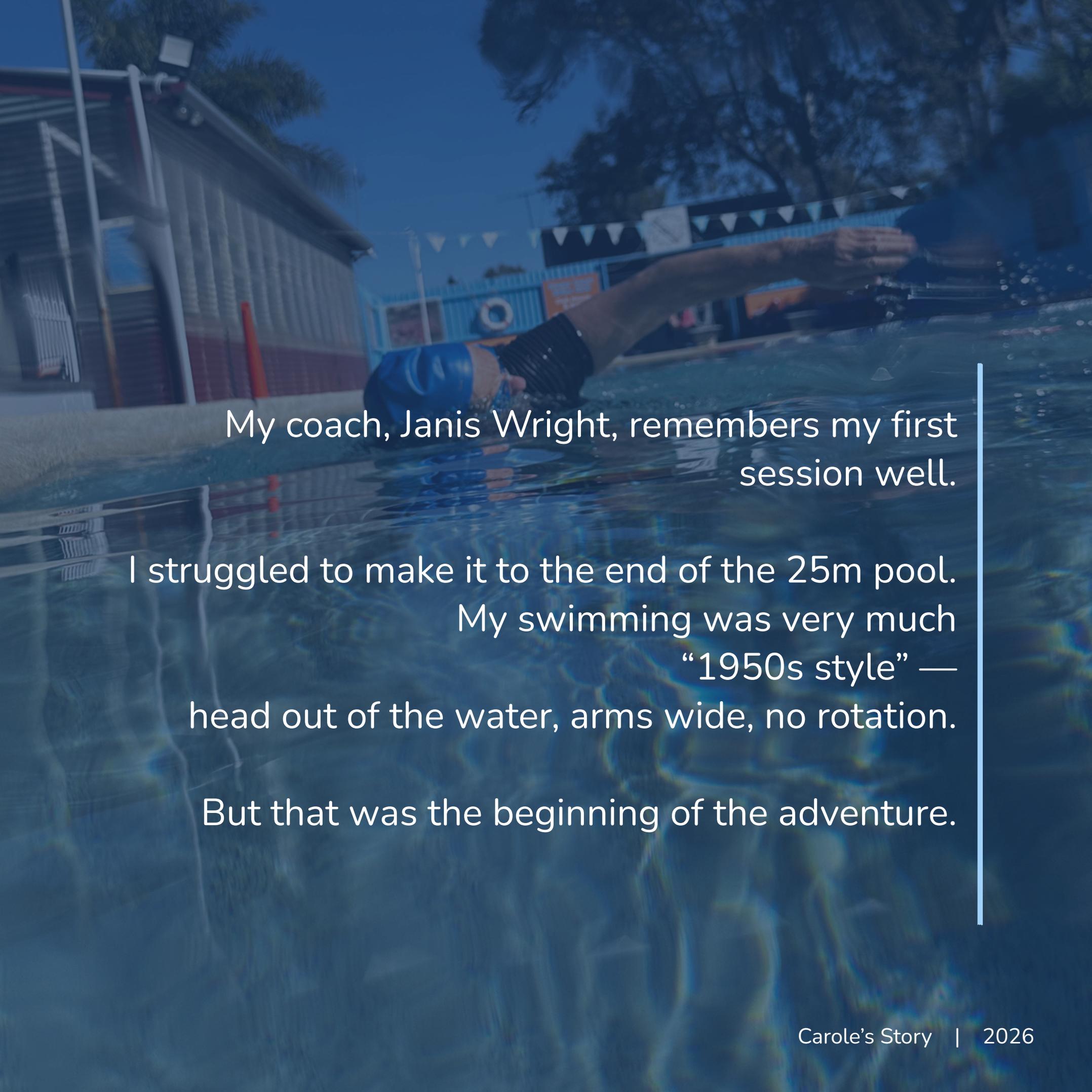
Carole's Story | 2026

In June 2024, one of my neighbours suggested we attend a women's swimming fitness class. I had not swum for more than 65 years.

I learned to swim at school up to about age 12, but never had a coach.

At 81, I had no idea what I was about to encounter.

Looking back... I was quite naïve.



My coach, Janis Wright, remembers my first session well.

I struggled to make it to the end of the 25m pool.
My swimming was very much
“1950s style” —
head out of the water, arms wide, no rotation.

But that was the beginning of the adventure.

After eighteen months of training twice a week, everything began to change.

I developed technique across multiple strokes, including basic butterfly.

I learned correct starts, turns and finishes.

My breathing improved.

My confidence grew.

I was learning how to swim properly.

A swimmer in a black suit is captured mid-dive, entering the water from a starting block. The pool is surrounded by a blue structure, and other swimmers are visible in the background. The scene is set outdoors with trees and a clear sky.

Today, I can swim around **2000 metres** per session.

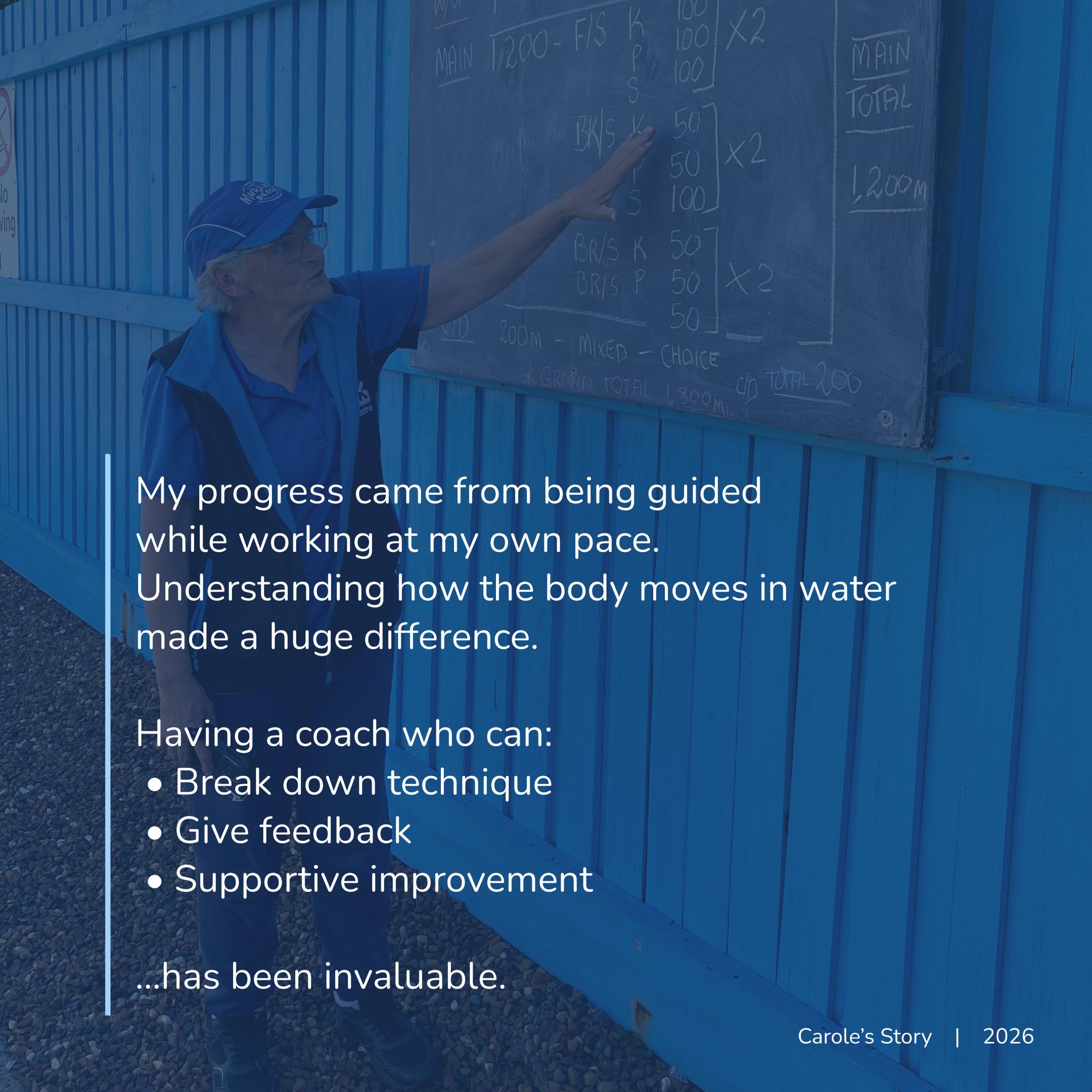
I joined a Masters Swimming club and began competing.

I was awarded

Most Improved Swimmer 2025

And now I'm competing at Masters National Championships

From struggling across 25m...
to racing.

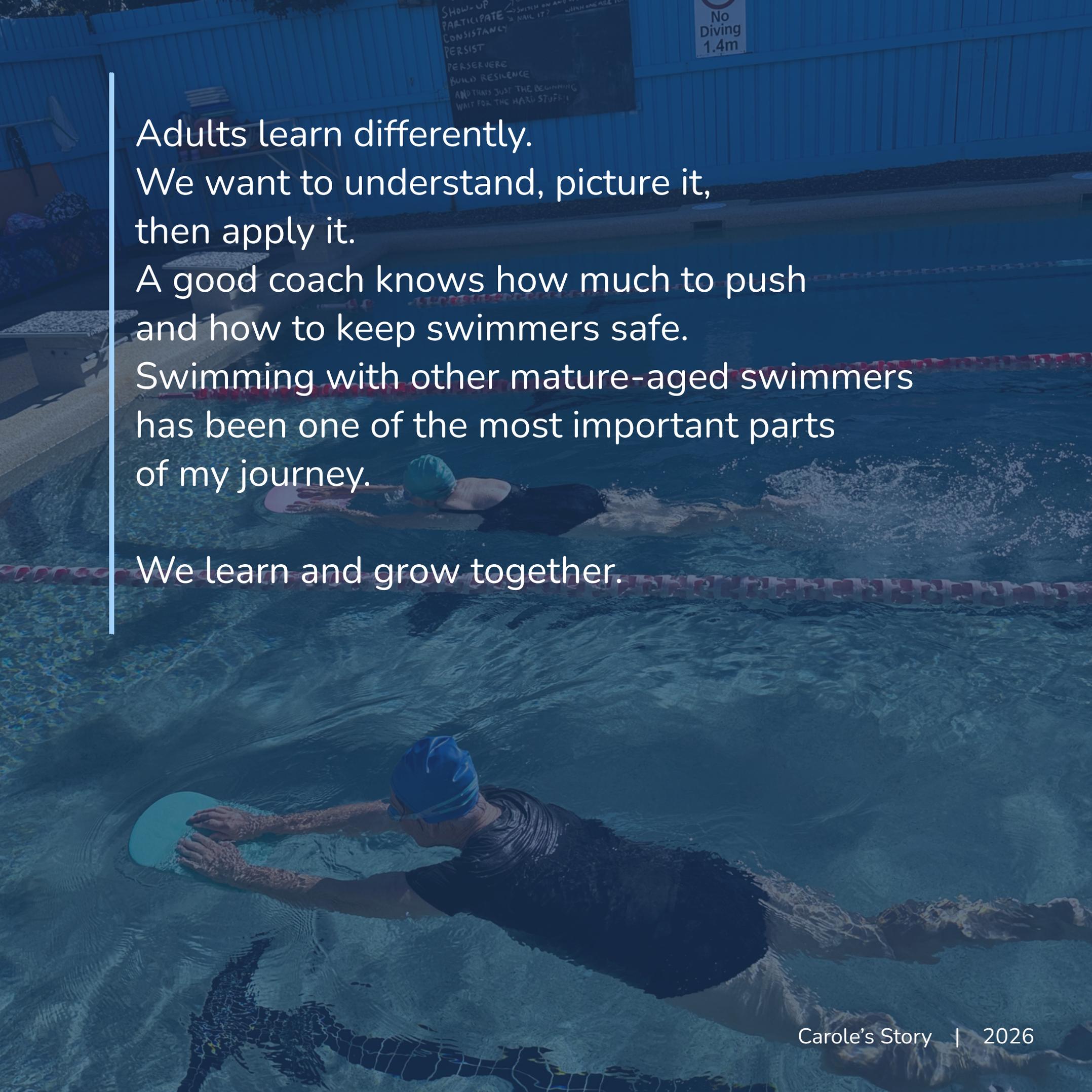
A woman wearing a blue cap and a blue vest over a blue shirt is pointing at a chalkboard. The chalkboard is mounted on a blue corrugated metal wall and contains a swimming schedule. The schedule lists various swimming activities and their durations, such as 'MAIN 1200 - F/S K 100', 'BK/S K 50', and 'BR/S K 50'. It also includes a 'GRAND TOTAL 1,800M' and a 'TOTAL 200'.

My progress came from being guided while working at my own pace. Understanding how the body moves in water made a huge difference.

Having a coach who can:

- Break down technique
- Give feedback
- Supportive improvement

...has been invaluable.

A photograph of a swimming pool with a person swimming in the foreground. The pool is divided into lanes by red and white lane lines. In the background, there is a blue wall with several signs. One sign lists motivational words: 'SHOW-UP', 'PARTICIPATE', 'CONSISTENCY', 'PERSIST', 'PERSEVERE', 'BUILD RESILIENCE', and 'AND THAT'S JUST THE BEGINNING WAIT FOR THE HARD STUFF!'. Another sign says 'No Diving 1.4m'. The overall scene is dimly lit, suggesting an indoor pool.

Adults learn differently.

We want to understand, picture it,
then apply it.

A good coach knows how much to push
and how to keep swimmers safe.

Swimming with other mature-aged swimmers
has been one of the most important parts
of my journey.

We learn and grow together.



I started because I wanted to get fitter.
But it became so much more.
Swimming is more enjoyable
and more technical than I ever imagined.
I love the challenge of improving
and being really good at it.

Thanks to my coach... the journey continues


SWIM CENTRE
FROM BABIES
TO SQUAD
ONE JOURNEY
ONE TEAM
Fraser Coast Swim Club

It's never too late to start

Fraser Coast Swim Club
• Club nights
• Spots AM & PM
• Home of national
& state champions
• Accredited coaches


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