



The Aquatic Sports Association of Malta is proud to announce that it has been asked to join the Life Long Swimming Project together with a number of other important European Institutions.

The other participants are:

- 1- Federazione Italiana Nuoto – FIN
- 2- Ligue Europeene de Natation – LEN
- 3- Real Federacion Espanola de Natacion – RFEN
- 4- Turkiye Yuzme Federasyonu – TYF
- 5- University of Coimbra – Portugal

The LLS project is Co-funded by the Erasmus+ Programme of the European Union.

The main objectives of the project are to spread the awareness of the benefits of swimming, enthuse more and more seniors to swimming and aquatic sports and develop an innovative Senior Swimming Programme.

The participants will share information, knowledge and experiences in order to develop a senior swimming programme based on best practices which will attract more people to our waters and pools.

The desired results should be achieved by the proper implementation of the following:

- 1- Launching an **Awareness Campaign** on the lifelong benefits of swimming to be run on websites, social networks and in swimming pools
- 2- Introducing a **Senior Swimming Training Programme** focused on senior swimmers which will include training sessions, specific workouts, nutrition advice and guidelines for the development of senior friendly pools
- 3- Organising **Seminars** to disseminate the programme with the technical staff of the National Association and the affiliated swimming clubs
- 4- Organise **H2OpenDays** to further promote directly to the participants the benefits of swimming, aquatic sports and introduce the achievements of the project
- 5- Make available a **Portfolio** of best practices
- 6- Create the much desired **Network** amongst the fields of Sport, Health, Education and Local Government

The ASA of Malta will be organising a number of events in the coming months directly targeted at the promotion of Life Long Swimming.