

# Your University's Guide To **Making A Serious Splash** for sick kids this February!



At Starlight we know that happiness matters to sick kids facing the pain, fear and stress of serious illness. The Starlight Children's Foundation exists to brighten the lives of seriously ill children through our extensive range of programs in partnership with health professionals in hospitals across Australia.

We help kids of all ages regardless of disability, injury or illness because what happens in childhood lasts a lifetime. We believe in happiness because it matters to sick kids' health.



# Be a University of Super Swim Heroes!

By diving in this February 2025, you'll be making a huge splash for seriously ill children, whilst also building teamwork and increasing your Uni's spirit! The Starlight Super Swim is a fun and meaningful challenge for your whole University.

## How To Get Involved?

**SWIMMING CLUBS:** A little healthy competition never goes astray between students, so why not have your swimming teams compete against each. Or, you could even consider competing against another University to step things up!

**TEAM SPORTS:** Do you have water sport teams? Any team can join - from water polo, diving, synchronized swimming - even the kayaking or rowing teams!

**SWIMMING LESSONS:** If your Uni offers swimming lessons, ask the students to sign up. The challenge is open to advanced or beginner swimmers (it might even be motivation to join the challenge for your non-swimming students!)

**SWIMMING COURSES:** Do you offer water safety and first aid swimming courses or lifeguard training courses? They can get involved as well!

**WATER AEROBICS:** Does your Uni have fitness classes like pool yoga, pilates, HIIT water workouts - sign them up too!

**SPECIAL SWIMMING EVENTS:** If your Uni does annual swimming events - why not consider moving it to the month of February so it aligns with the challenge dates!

**OCEAN SWIMMING:** If your Uni doesn't have a pool... your Uni could create teams and dive into the local ocean pools to get involved!

**Interested?  
Get InTouch!**