Join our Laps for Life team

Take the plunge to save lives!

This March, we're diving in to raise funds for youth mental health. And we need you on our team!

Signing up is quick, easy and free. Here's how it works:

1 Sign up
Head to lapsforlife.com.au or scan this QR code and select our team.

2 Set your swim goal.
Swim 2km or 2km (or a distance of your choice) throughout March.

3 Raise funds for ReachOut.
You'll get your own fundraising page and join our workplace team. And the donations you receive will help fund life-saving support for young people facing mental health challenges.

4 Enjoy
You'll feel fitter with every lap and get the mental health benefits too.

Why your laps matter this March

1 in 3 young people in Australia are currently experiencing a mental health difficulty

Over 1,000,000 won't seek professional support

Join our Laps for Life team today and help raise funds for youth mental health.

Why ReachOut?

ReachOut is the leading online mental health service in Australia supporting young people and their families when life doesn't go as planned. More than 50% of young people turn to the internet for help when going through a tough time, and ReachOut provides a free, safe and anonymous online space to get support.

One lap at a time, you'll raise critical funds to support youth mental health. Your fundraising for ReachOut will help provide one-to-one peer support and life-saving resources.

Laps for Life | REACHOUT