



Tips for starting your swimming programme

1. If you're new to swimming use a flutter board to provide buoyancy as you kick your legs. You will get a great cardio workout as the body has more muscle mass in the lower body than the upper body.
2. Swim one length hard and one length easy to boost the calorie burning benefits of your swim.
3. Change your strokes with different lengths. For example: swim two lengths breaststroke to one length freestyle.
4. If you are new to exercise in general, intersperse water walking with length swimming to increase your total exercise time (in one of the allocated slower swim lanes). Next time remember; try to build up to 30 minutes.
5. Water can be very relaxing but if you're trying to improve your fitness and health, you will need to push yourself.
To measure how hard you are working, think about your perceived rate of intensity as you will not be able to monitor your sweat factor in the water.
6. Always bring a drink bottle when swimming and try to rehydrate every 15 minutes. There is a water cooler poolside where you can refill your bottle.
7. Consider doing some stretches when you finish your session.
8. Relax in the spa! (for patrons 16 years and over)

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