

## What is Swimfit?

Swimfit is a pool fitness programme that the ASA (Amateur Swimming Association) have designed to encourage/ motivate swimmers to swim more often. Swimfit provides everything you need to motivate, challenge and supports you to reach your fitness goals. Whether that's to lose weight, full body tone, improve stroke technique or just to become fitter and stronger. Swimfit is a fun and effective way to get those results you want, and because water is 800 times denser than air you are most likely to get there a lot quicker than any other workouts.

Swimfit is a tool to aid the public to participate in physical water based exercise. It is also a great way to improve your fitness and wellbeing without having to enter a gym. The great thing about Swimfit is you can tailor sessions to your individual needs. There is a display board located on poolside with 30 session cards ranging in different length, abilities and fitness levels. There are three main ways customers can partake in Swimfit they are listed below.

### **1. Swimfit Activate + (Diss Leisure Centre Only)**

This session will take place on Tuesday evening from 18:15 – 19:15. Swimfit + is led by a fully qualified Swimfit instructor. The instructor will take you through your very own pool workout. They will also be able to offer you a wealth of knowledge and understanding in all four strokes to improve technique.

Classes are free of charge to members

Non-members £6.00

Non-members with Leisure Passport £3.00

Booking is advisable

### **2. Swimfit Activate**

This is a session where customers can come and use the Swimfit cards during public swims. Swimfit cards can be found on the board on poolside at any time. Meaning that they can get the most out of there swims using the structured workout card. There are thirty cards in total ranging from 10 – 120 lengths for anyone to use.

There is no extra charge to use this service.

**swimfit**

**Activate 1**  
**10 LENGTHS**  
**DURING THIS SESSION YOU CAN BURN UP TO:**  
**200 calories**

**WHAT YOU'LL NEED FOR THIS SESSION:**  
 Hat (optional), goggles, kick board, pull buoy, drinks bottle

**1 WARM UP**

- Swim 2 lengths using backstroke or breaststroke – without resting

**2 STROKE DEVELOPMENT**

- Holding a float, kick for 2 lengths using your favourite stroke
- Rest 30 seconds after each length

**3 MAIN SET**

- Swim 4 lengths using the same stroke as above
- Rest every 2 lengths until your breathing returns to normal

**4 SWIM DOWN**

- Swim 2 lengths using a stroke of your choice – without resting

**5 WHAT NEXT**

- You did it! Next time, go the extra distance and follow the 12 length session card
- Log your session online at [swimfit.com](http://swimfit.com)

(based on a 25 metre pool)

**QUICK TIP**

**Front crawl/backstroke:** kick from your hips  
**Breaststroke:** end the kick with stretched legs, heels together

**MAKE EVERY LENGTH COUNT WITH MYSWIMFIT**  
 Log your session, track your progress and access tailored programmes and challenges at [swimfit.com](http://swimfit.com)

**speedo** **the asa**  
 swim for life

Swimfit cards are generally made up of four sections:

1. **Warm Up** – easy to follow strokes to get your body warm
2. **Stroke Development** – Honing and refining your technique to help you become fitter and stronger swimming using floats and other swimming aids.
3. **Main Set** -Stepping up the intensity and range of strokes, speeds and time for a full body work out.
4. **Swim Down** – Time to bring the heart rate down and recover.

Each session includes the total number of lengths to be completed, equipment needed as well as a guide on the number of calories you can burn.