

# Did you know?

Swimming is a healthy activity that can be continued for a lifetime and the health benefits swimming offers for a lifetime are worth the effort it takes to get to the pool.

Regular swimming builds endurance, muscle strength and cardiovascular fitness. Swimming does burn calories too!

**It's the Ideal Exercise:**

It's hard to beat swimming when it comes to a sport that builds the body, soothes the mind, regulates breathing, stimulates circulation, and puts no stress on the joints. That's why it's an ideal exercise for just about everyone -- old people, overweight people, young people, people with hip, knee and ankle problems, and active people with no health problems at all. Plus, swimming has a calorie-burning potential of 350-420 calories per hour. No wonder it's one of the most popular fitness sports around.

You should follow a workout. to ensure you get the most out of your time in the water! You can design your own workout or borrow ideas from someone else. You will usually accomplish more if you write down a specific workout and follow it. Include at least an adequate warm-up, main work set, and cool down. There will always be days when you want to get in and "just swim a few laps." This is fine - just be sure to get in the pool regularly

## Carbonear Swimming Pool Lap Swimming Info



The following times are the ideal times for swimming laps, however during other swims it is possible to swim laps when space permits.

### **Noon Swim**

Monday, Wednesday and Friday

12:00 - 12:50

Tuesday and Thursday

12:00 - 1:50

### **Adult Rec (18 & over)**

Sunday and Monday

8:00 - 8:50

### **Masters Swim**

Wednesday

8:00 - 8:50

### **Cost:**

Child \$2.25

Adult \$3.25

Senior \$2.75

Swim passes are available as well for sessions of 10 and 25

If you want a workout to follow just ask us at the front desk!

For more info call 596-7535 or drop by the pool today!