

Adult Swim Training

Monday 9.15am | Wednesday 9.30am | Friday 9.10am

Term Time Only | 45 minute classes

Please book via the MyWellness app

Adult Swim Training provides an alternative way to work out, improve fitness, reach targets and train for personal challenges in a social environment.

It provides a mixture of different routines, strokes, speeds and lengths to encourage a more varied and challenging workout than traditional lane-swimming.

With various accompanying training aids and challenges, there is something to suit all abilities and interests. Swimmers can work out and improve at their own pace with support at every level.

Whether you're looking to improve your fitness, technique, develop stamina and resistance, lose weight, train for an event or return to exercise from injury, Swim-fit provides a full-body workout to help swimmers reach their own specific goals.