

Swimfit Online at swimfit.com

Log and track your progress with Swimfit.com. It's a great way to stay motivated by logging your sessions, tracking your progress and much more.

Swimfit Motivate

Join today and you can also get started on a goal based Swimfit Motivate programme. Choose either Get Fit or Get Toned and start working through the 30 session cards to reach your goal, whether it is to improve your fitness or to tone up. Simple!

My Challenges

Fancy taking a swim around a tropical island? Well now you can with a range of Swimfit Challenges such as swimming around the Bahamas or swimming the River Thames just like David Walliams! Log each swim and track your progress on a map of your chosen destination.

Go to www.swimfit.com and sign up today

Get involved today for the ultimate swim!

This pool is a dedicated Swimfit pool so ask at reception today about what's on offer.

To discover more from the world of Swimfit:

Visit swimfit.com

Become our friend at facebook.com/swimfit

Follow us at twitter.com/bgswimfit

Activate

Motivate

Dedicate



SWIM YOUR WAY TO FITNESS WITH SWIMFIT

Activate. Motivate. Dedicate.
The only way to swim.



00641/ASA/18 V2

speedo

British Gas

the asa
swim for life

Swim your way to fitness

If you're looking for an alternative way to work out in the pool, then Swimfit is for you!

It is your very own motivational tool for the pool, which will have you coming back to get fitter and faster each time you swim!

Swimfit is all about getting results and helping you achieve your goal. Whether that is to lose weight, to tone, to improve technique or just to become fitter and stronger. It 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 workout!

So make Swimfit a part of your life and get active today!

Activate. Motivate. Dedicate.

Swimfit at your pool

Hit the lanes with Swimfit and you won't want to take a dip without it. Lane swimming has been transformed, with added structure to motivate you to go further in the pool.

Offering you expert poolside support, you can be assured to get the ultimate swim every time.

Join a Swimfit Activate+ group session delivered by a qualified instructor or pick up an Activate session card and see for yourself why swimmers all over the country are choosing Swimfit.

Be the swimmer you want to be

Swimfit Activate+ session

A Swimfit Activate+ session is an exciting new social experience in the pool delivered by a fully qualified Swimfit instructor. You'll discuss your individual goals before getting started on your very own pool workout programme to follow, including various strokes to try and tips to get more from your swim. You'll feel supported by your fellow swimmers and motivated to go to greater lengths every time you swim.

So if you are looking for motivation and support in achieving your health and fitness goals, join a Swimfit Activate+ session at your local pool today.

Swimfit Activate session cards

It's great to know that you can pick up a Swimfit Activate session card at any time from the Swimfit unit. This means that you can still get the most out of your swim during general lane swimming and casual pool sessions.

There are 30 Swimfit Activate session cards ranging from 10 lengths to 120 lengths. So if you're aiming to swim 20 lengths, simply pick up the 20 length Swimfit Activate session card and get swimming! Why not aim for 22 lengths next time?

Once out of the pool, head over to swimfit.com to log your session and discover much more from the world of Swimfit.

