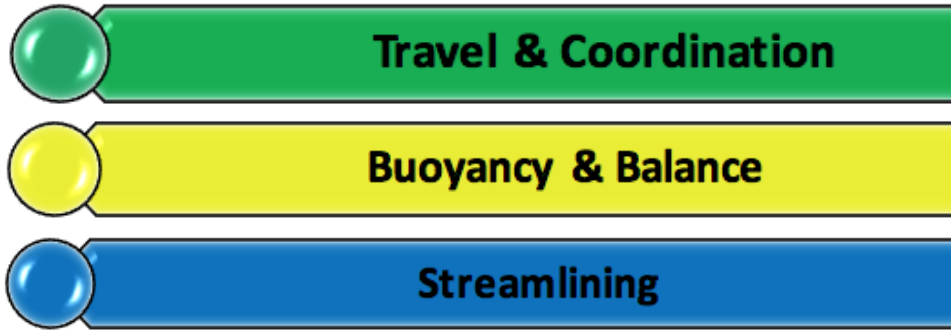


Cheryl's Chief Instructor's Tips



Fins

Exciting news!

We have bought new fins in a range of kids sizes (Sizes 8-11, 11-1, 2-3).

For our adult and youth members we have a few sizes too (Size 4-5, 6-7, 7-9)

Please ask one of our Pool Helpers if you are interested in trying some out.

Of course if your doctor advises you against wearing fins then please follow their advice. Likewise, should you feel any pain when using fins stop using them immediately.



Why use fins?

Improved Kick Technique – stops you cycling or walking in the water, as the fin engages you to kick from the hamstrings and glutes making your stroke more propulsive by kicking with straight legs and pointed toes.

Greater Ankle Flexibility – with the resistance of the fins, increasing your ankle adaptation.

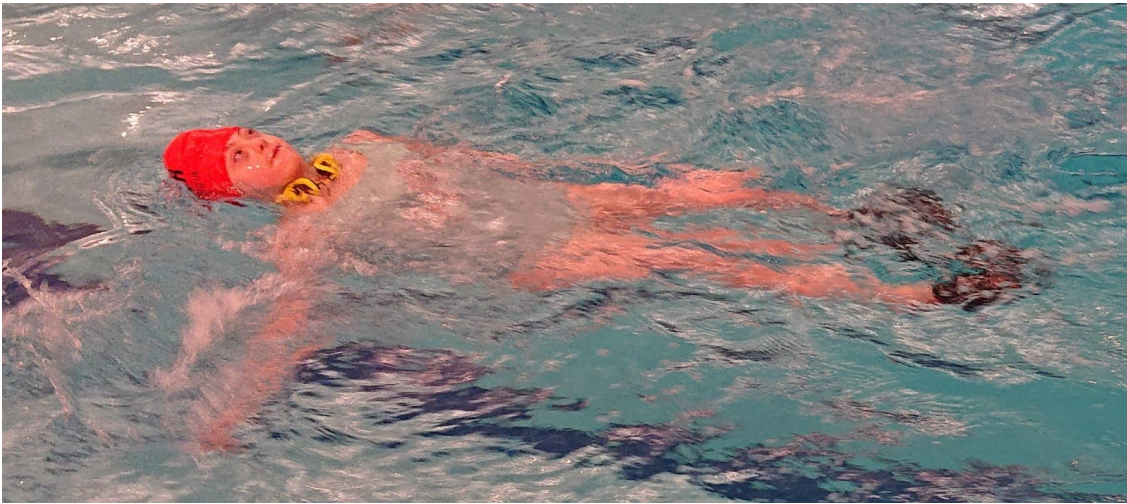
Reduces Shoulder Stress – by lessening the impact on your shoulders and upper body.

Improves Body Position – by adding velocity to the body, which allows you to hold a higher body line in the water.

Strength & Endurance – making you swim faster, by increasing the surface area of your feet in the water, and by working you harder to maintain the increased speed. Also, allowing you to kick for longer periods of time building endurance, burning more oxygen and calories, that could also result in weight loss.

Good Cardio Exercise – focusing on aerobic exercise that enables you to work a large proportion of your overall muscle mass. Since 60% of your muscle mass is in your legs this is a good start. Also helps the heart muscle work even more efficiently.

Cheryl's Chief Instructor's Tips (Contd.)



It is best to wet your feet or the fins first, to help with sliding them on.

The fins we have bought improve:

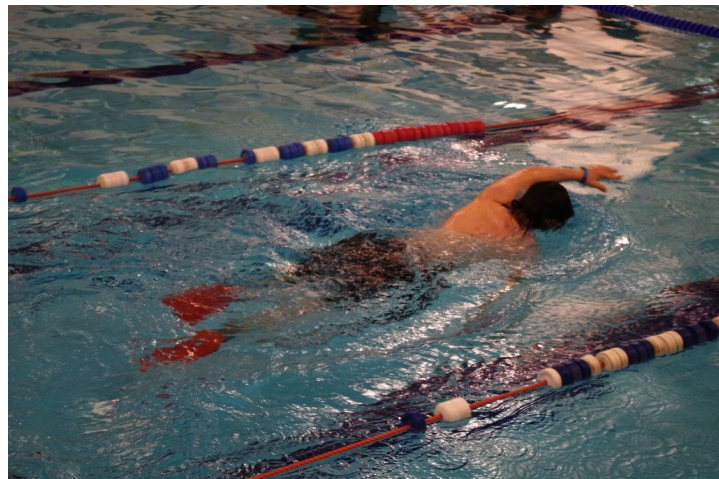
Frontcrawl

Backstroke

Butterfly

Unfortunately, they are not to be used for Breaststroke.

Try them out for a while, then, take them off and swim without them and you should feel the benefits.



Thanks to Paige, Gabby and Jamie for the demos.