

Fitness Swimmer At-a-glance

Fitness Swimmer is for any one of any age who wants to learn how to design their own individualized workout. Learn to use pace clocks and timers and reach your target zone. Get in, get fit and create workouts that are worthy of your time!

Fitness Swimmer

1. Pace Clocks and Timers
2. Stretches for Swimmers
3. Kicking Interval training
4. Swimming Interval training
5. Workout – 300 m
6. Workout Design
7. Distance Swim
8. Sprint Swim

Looking for more? Try these Lifesaving Society programs:

Junior Lifeguard Club Put your swim skills in to action and learn lifesaving skills!

Bronze Star | Bronze Medallion | Bronze Cross Get more advanced training in lifesaving both in the water and out.

Become an National Lifeguard Get in the fast lane and step up to the challenge of lifeguarding

Become an Instructor Catch the buzz from seeing your students learn to swim

