

# Get in lane to get fit with Edinburgh Leisure

App-ealing to those who want to use swimming as part of their fitness programme, Edinburgh Leisure is piloting 'Lane Fit,' which is their new lane only swimming sessions. And the best way to book your session is by using their app!

✘ The activity is being rolled out at six Edinburgh Leisure sites initially from 1 July, providing more lane swimming opportunities every week across the city.

At the 'Lane Fit' sessions, the pool is exclusively programmed for lane swimming offering slow, medium and fast lanes, making them suitable for all fitness levels and swimming abilities. To enhance the experience, each session will provide floats and pool buoys for swimmers to use and Edinburgh Leisure will be providing guidance on how to use lanes effectively, including lane etiquette.

Shelagh Jackson, Aquatics Manager at Edinburgh Leisure said: "Our customers have told us they'd like more opportunities for lane swimming, whatever their level of fitness and swimming ability. Lane Fit provides this and we're delighted to offer this pilot in so many of our venues across the city."

Swimming is an excellent whole body workout and an all-round wonder sport, whatever your age or ability. It improves muscle, tone, strength and improves flexibility. Taking part regularly can reduce your risk of chronic diseases like heart disease, Type 2 diabetes and stroke. The support of the water makes it low impact on joints, and done regularly it will improve flexibility and strength.

Edinburgh Leisure offers a swim membership for £33 per month, which gives unlimited swimming across all Edinburgh Leisure pools and access to all of our aquatic fitness classes. Joint,

student and 65+ memberships are also available.

For more information: [www.edinburghleisure.co.uk/memberships](http://www.edinburghleisure.co.uk/memberships)

And if you use the app you will be entered in a competition to win something from Speedo!