

Swimming training at Ainslie Park Leisure Centre – with an Olympian swimmer!

Edinburgh Leisure are offering you the opportunity to train with an Olympian and learn to swim like a pro

Former Olympian and Scottish Commonwealth Games swimmer, David Carry will be leading the 'Speedo Dive In' event being held at Edinburgh Leisure's Ainslie Park Leisure Centre on 16 July from 10am to 4pm.

The event is aimed at swimmers wishing to improve front crawl and swimming for fitness, who can learn from Carry and other expert swim coaches about how to swim like a pro. Carry will be sharing his top tips from over 10 years representing Britain swimming at a senior level showing a range of techniques.



And if that's not enough to get you motivated, here are a few more benefits that you'll be able to glean from this experience brought to you by Speedo and Edinburgh Leisure:

- Improving your fitness levels
- Build leg and arm strength
- Hone your stroke technique
- Find your breathing rhythm

A recent Speedo survey revealed that swimming was recognised as the number one activity for achieving a full body work out, yet 69% of swimmers can't swim front crawl proficiently. The Speedo survey also revealed that 63% of adult swimmers said they were confident in the water, yet of those only 31% can swim over 100m of front crawl proficiently.

Debbie O'Hara, Leisure Manager at Ainslie Park Leisure Centre said: "Edinburgh Leisure is delighted to be partnering with Speedo and welcoming some of Britain's best swimmers and coaches to our pool, including Olympian and three time Commonwealth Games swimmer, David Carry.

"It's the perfect opportunity for both our members and non-members to register and explore Edinburgh Leisure's great facilities and award winning coaching as part of the Biggest Club in Town. So if you're a swimmer looking to improve your front crawl so that you can get the most out of swimming for fitness, or an elite athlete, who wants to improve their water skills for a triathlon, we look forward to welcoming you at Ainslie Park Leisure Centre."

There will be four sessions during the day at 10am, 11.30am, 1pm and 2.30pm, with each session lasting an hour. It is free to take part and there are spaces for 50 people at each session. Swimmers need to be able to swim 25m to take part and be over 18 years. Sign up at www.speedo.co.uk/dive-in

Speedo's Dive In campaign is offering 10,000 free adult swim fitness sessions with expert tuition, at local pools nationwide. The sessions will help adults perfect their front crawl so that they can get the most out of swimming for fitness.

The right technique and an effective front crawl are essential for a full body workout when swimming to improve fitness. Even the slightest tweak in technique can make a dramatic difference.

Using pool based activities as part of an overall training programme can help an individual perfect new skills and reach their personal goals. Edinburgh Leisure has a range of memberships available to suit everyone, including individual swim and gym memberships and a combination membership, allowing use of all their facilities across the city.

They also have a range of exciting pool programmes to help the

individual stay in shape including their soon to be launched new water fitness activity, Lane Fit. Their other pool classes include Power Swim, Masters, Stroke Development and Skills 'n Drills. Find out more information at: www.edinburghleisure.co.uk

Edinburgh Leisure offers a swim membership for £33 per month, which gives unlimited swimming across all Edinburgh Leisure pools. Joint, student and 65+ memberships are also available. For more information about memberships [click here.](#)