


# PowerSwim your way to fitness

Edinburgh Leisure run classes to help you get fit by swimming. Powerswim is a half hour class designed to make you 'a stronger, fitter and faster swimmer'.

This class is designed for anyone who is just trying to get fit or indeed competitive swimmers.

 You have to be able to swim three stroked (and breathe at the same time!) or swim about 2000 metres in an hour.

These classes are on the timetable at [Warrender Swim Centre](#) but we are sure you will be able to find others if you are keen to get fit!

Edinburgh Leisure has released a video to you show you what it might involve:

[Masters, Powerswim, Skills & Drills](#) from [Edinburgh Leisure](#) on [Vimeo](#).