

# SWIM

## Health Benefits:

### 8 Benefits of Swimming

1. Full body workout
2. Great for well being helps in good mental health
3. De-stress and relaxes
4. Burns calories
5. Lowers risk of diseases
6. Supports the body –water supports 90% body weight
7. Increases energy levels
8. Exercising without the feel of sweat and smell

<https://www.swimming.org/justswim/8-benefits-of-swimming/>

## Competitive Distance Swimming Laps

### 50 Meter Olympic Pool

- 1 laps equals 50 meter sprint swim
- 2 laps equals 100 meter swim
- 4 laps equals 200 meter swim
- 8 laps equals 400 meter swim
- 16 laps equals 800 meter swim

### 25 Yard Indoor & Outdoor Pool

- 1 laps equals 25 yard sprint swim
- 2 laps equals 50 yard sprint swim
- 4 laps equals 100 yard swim
- 8 laps equals 200 yard swim
- 16 laps equals 400 yard swim
- 32 laps equals 800 yard swim