

# Why Swim?

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**Swimming Incorporates All 3 Elements of Fitness** – endurance, strength and flexibility.

**Build Muscle Groups** – Swimming is one of the few sports that uses and tones all the important muscle groups in one workout. As a result of swimming different strokes with varying body positions, you can tone major muscle groups with low injury risk. In addition, swimming builds longer, leaner muscles rather than the short, bulky ones resulting from weight training.

**Burn Calories** – “Swimmer’s muscles” (long and lean) help boost metabolism and keep calories burning longer. Swimmers are able to swim longer than they can sustain other activities. A longer workout means more calories burned.

**Low Risk of Injury** – Compared to other contact sports, which can be from 50 to 100 times as high, swimming injuries are few and far between.

**Improved Flexibility** – Warm water helps relax muscles, allowing the body to work out for a longer period of time before muscle fatigue occurs. Swimming a variety of strokes help to stretch out many lesser-used muscles as well. We include daily stretching in our workouts.

**Associate with Great Kids** – Studies show that kids who do competitive swimming get in less trouble, get better grades and have better stress and time-management skills than those in other sports.

**Be Happier** – Exercise raises serotonin and endorphin levels, causing a feeling of well-being.

**Pleasurable** – Floating in water is generally a pleasurable experience, especially when compared to weight lifting, jogging or playing a ball game in a mudbath. The aquatic environment induces a sense of well-being. And you don’t get sweaty.

**Cross-Training** – Swimming helps build cardiovascular endurance and capacity, which helps in other sports. It also gives the body a break from higher-impact activities like basketball and soccer and running. It allows the body time to heal while not forgoing daily training sessions.

**Core Body Strength** – Although most of the effort comes from the upper body, kickboard and fin workouts really help provide an excellent leg workout.

**Learn Better Swimming Technique** – With access to coaches with a variety of experience and skills, swimmers learn to swim more efficiently. This leads to increased performance results.

**Workout in the Sunshine Without Getting Overheated** – The water temperature in the summer months in St. George keeps swimmers from getting too hot during an outdoor workout. They can then enjoy the physical and mental benefits of the sunshine.

**Become Physically Fit** – Children who are fit sleep better and are better able to handle the physical and emotional challenges within a typical day. Fit kids are also at lower risk to develop Type II Diabetes, blood pressure conditions, and are less likely to become overweight.