

# WEST YORK

## SWIMMING AND DIVING



COME JOIN THE YOUTH SWIM CLUB AND CONTINUE OUR GREAT TRADITION!

West York has 5 PIAA State Champions and consistently qualify to compete in the postseason!

You'll enjoy a great team atmosphere while also striving to achieve your own personal goals!

### Benefits to swimming include:

❖ **Full body workout**

Swimming uses all the muscles in the body so whether you swim a gentle breaststroke or hammer butterfly, you will get a full body workout. Plus, exercising in water makes your body work harder so 30 minutes in a pool is worth 45 minutes of the same activity on land. It also helps improve your body for other sports.

❖ **Great for general wellbeing**

Just 30 minutes of swimming three times a week alongside a balanced, healthy diet and lifestyle is one of the best ways to stay fit and healthy and maintain a positive mental outlook. Do it with friends, and it's even more fun!

❖ **De-stresses and relaxes**

Swimming regularly can lower stress levels, reduce anxiety and depression, and improve your sleep patterns. Feeling the mental benefits of swimming takes just a light swim. No lane pounding needed.

❖ **Burns those calories**

Swimming is one of the most effective ways to burn calories. A gentle swim can burn over 200 calories in just half an hour, more than double that of walking. And a faster swim would see that chocolate bar gone quicker than if you went running or cycling.

❖ **Lowers the risk of diseases**

As well as being a great form of cardiovascular exercise, swimming just 30 minutes a week can help to guard against heart disease, stroke and type 2 diabetes.

❖ **Supports the body**

Water supports up to 90 per cent of the body's weight. So, if you sprained an ankle at Monday night football or have a long-term injury or illness, swimming is a brilliant way to stay active.

❖ **Increases your energy levels**

Inactivity and not aging is often responsible for people's lack of energy. Just 30 minutes of swimming three times per week can boost your energy levels through increased metabolic rate.

❖ **Exercising without sweat**

If sweating puts you off other forms of exercise, fear not! As a swimmer, you'll never feel sweaty no matter how hard you work because the water around you is constantly cooling you down.

For more information, please fill out the google form at:

[shorturl.at/rxCMX](http://shorturl.at/rxCMX)