My SWIMTAG Swimming Experience at Waendel Leisure Centre

By Sarah Harvey, Northamptonshire Sport

So a few weeks back, I went to Waendel Leisure Centre in Wellingborough to have a go at SWIMTAG, a waterproof wearable activity tracker for people like me who lose count on how many lengths we’ve swam!!

Upon arriving at the Waendel Leisure Centre and after having a play in their photo booth I was greeted by the friendly staff who talked me through how SWIMTAG worked and how to use it.

I love a wearable activity tracker so I can see stats on my activity, and for this SWIMTAG is perfect. It tells you the distance you’ve swum, how many lengths, calories and even what stroke you are doing. Which if you’re like me, is great for boring your mates to tears about how many calories you’ve burnt in your swim!!

So after registering at reception and getting my band to wear.......
I went and got changed and started my swim (after a quick warm up lunge of course)

Let me just clarify that I by any means am not a strong or fast swimmer. I do a steady breast stoke in the medium lane at best! However, I did find this a good motivation to get me in the water rather than sticking to gym exercises that I’m comfortable with.
Despite having mascara all over my face after forgetting to take it off before I got in the water, everyone was very friendly and I thoroughly enjoyed my swim. After a few lengths I got chatting to Eric Chennell. Eric has been attending Waendel Leisure Centre since September 2015. He now swims 5 times a week and tracks his swimming through SWIMTAG. Eric said that SwimTag motivates him to keep coming as he can see the distance, time and calories burnt. His stamina has improved and he feels a lot fitter, he can now swim a mile which he wasn’t able to do back in September.

All in all I really enjoyed my swim and would definitely recommend it. One thing I particularly liked was the width of the lanes. Pools I’ve previously been to struggle to get two people swimming the opposite way in one lane. These lanes however were easily wide enough for 3 people to swim side by side which allowed for an overtaking section.

After I’d got changed, I handed back my SWIMTAG to reception........
Then I went onto [www.swimtag.net](http://www.swimtag.net) to check out how my swim went. I created a profile which didn’t take long and all the information was there, stored on my profile.

Below is a picture of my SWIMTAG profile. The green lines on the profile below show that the stroke I was doing was breaststroke and the blue line was when I changed my stroke for one length. The black lines....well we won’t talk about them, they were when I was resting and having a chat!!

Overall SWIMTAG showed me that I’d swam for 32:33 minutes which equated to 800metres and 183 calories – not bad for a steady breaststroke swimmer that kept stopping for a chat!!

This seems like a great tool to track progress. Bearing in mind that was the first time I’d swam in a while and if I kept at it, I’d hopefully be able to swim a little bit further each time and see my progress compared to previous swims.

So next time you fancy a swim, or if you’d like to start swimming, get down to Waendel Leisure Centre. They have lots of opportunities for new swimmers as well as confident swimmers.