

WIMMIN' SWIMMIN' GROUP - Report by Ruth Lapworth – March 2025

After a successful first session most of the group returned for more immersion in the pool at Teesdale Leisure Centre. The lure of the water is just too much, even when heavily chlorinated and not as warm as most of us would like. After the last session, some of the group had decided to invest in brand new swimming costumes and even a pair of new goggles was on show.

There was no delay in everyone getting into the pool and setting off either for the deep end or the opposite side of the pool at their own pace and in their own style. For those who are finding things a bit hard we have been encouraging the use of 'noodles'. For readers unfamiliar with noodles of the non-culinary variety they are semi-circular pieces of foam which provide under-arm support and thereby enable the individual to float around very happily either on their front or back. This then allows the would-be swimmer to concentrate on trying out arm and leg strokes without sinking!

A few in the group had enjoyed the first session so much they had decided to visit the pool on their own just for a swim or to practice their strokes.

It appears that one of the aims of the group (to reintroduce women to the benefits of swimming by increasing their confidence in the water) has already been achieved.

We look forward to more relaxing swimming sessions throughout the year.

For information on future sessions, please contact Sue Overton: sueoverton@hotmail.com