

SWIMMING



Swimming is an important Life skill; Lifesaving skill too.

Water safety and survival skills are essential at any age, and that's why **SIMATS** offers a standard swimming pool in its campus premises itself for students and also for public in feasible timings. Swimming is a full-body workout, Torch's calories, improves cardiovascular health, is a low-impact activity. eases stress, is a good option for people with asthma. Swimming has many other benefits including improving coordination, balance and posture, improving flexibility, therapy for some injuries and condition, pleasant way to cool down on a hot day, help enjoying safe swimming in pools, beaches, lakes, dams and rivers.

Swimming for recreation

Recreational swimming is a good way to relax and feel good. Common swimming styles in recreational swimming are breaststroke, backstroke, side stroke and freestyle

Competitive swimming

The main strokes used in competitive swimming are breaststroke, freestyle, backstroke and butterfly. Our highly-trained swimming instructors help develop the skills and confidence of every swimmer through fun and safe lessons with patience and enthusiasm. No matter the age or skill level, SIMATS has the right program for. Our

qualified coaches offer organized workouts and technical improvement for all abilities.

What we provide

MAIN POOL

- **25 X 13 X 1.35 m**
- Volume 4,06,250 L
- Balancing Tank 20,827 L
- Turn Over Period 4-5 Hrs.
- Over flow Type

BABY POOL

- **5.4 X 3 X 0.6m**
- 5.3 volume 9,540 L
- Recirculation system
- Filtration facilities
- Dressing room (men& women Separately) - 4
- Wash room (men& women Separately) – 4
- Equipment room
- Open shower
- Overflow structure
- First aid kit & safety equipments
- 6 Lanes rope

STAFF

Coach (men)	1
Coach (Women)	1
Life guard	4
Housekeeping	4
Office assistant	1
Electrician	1
Plumber	1