

Life and Swimming Lessons Realized In Hougang Swimming Pool

When I was growing up, I never really thought that it is important to learn how to swim. I believed that it was a skill that I can do without.

But when I personally witnessed a friend almost drowned during a swimming party that we attended, I decided that I should start taking lessons right away. Not only will it save my life, it would also equip me with the skill that can save the lives of others as well.

Since my home and workplace is located within the North-Eastern part of Singapore, I looked for a program that offers swimming lessons that are being conducted in a place near me. When my sister found out about my quest, she recommended a service that offers [Hougang swimming lessons](#).

Honestly, I have only been to the [Hougang swimming pool](#) complex twice in my life. The first time was when I was still in elementary school, while the most recent one was when our company held a sports fest in the complex. But since my house was just two bus stops away from the swimming complex, I felt that it was the right program for me.

It might be awkward for adults like me to enrol in a [swimming school in Singapore](#), since they mostly cater to kids nowadays. But aside from learning it to survive, swimming is also known as one of the best way to have regular aerobic physical activity.

In fact, the US Centers for Disease Control and Prevention stated on their website that people who regularly swim “have about half the risk of death compared with inactive people.” The report also mentioned that those who use swimming as their exercise enjoy it better than those who are exercising on land and claimed that they can endure longer exercises without exerting extra effort.

I also learned from a friend that swimming is the best exercise for people who suffer from arthritis, since it can help in improving the condition of affected joints without causing further stress on the affected joints.

I have to admit that I am not really a very active person to begin with, and my only regular activity is my daily walk to and from the bus stop on my way to work. This means that joining a swimming class would be very helpful for my well-being.

When I finally started attending my swimming class in Hougang, I immediately felt all the good advantages of learning how to survive in the water. I became instantly comfortable with my coach, who was very patient with me and accommodated all my questions.

I have to admit though that I am not the easiest student in the class, but our swimming coach let me learn in my own pace. He never scolded me if I do something wrong. Instead, he encouraged to continue trying hard until I can finally follow his instructions.

Aside from the basic swimming techniques, our swimming instructor also managed to teach us discipline. It was something that I never thought I could still learn now that I am an adult. He also helped us get out of our comfort zone.

For me, enrolling in a swimming class is one of the best decisions that I made in my entire life.