

Endless Swimming Pools - Swim Forever

First there was the treadmill. Health enthusiasts walked. And walked.. and walked. Finally they have found the best way to exercise without leaving the comfort of their homes. They can change the speed of how fast they are going, and still get the same benefit of what is known as the best form of exercise. Yes, walking.

Stahlwandpools

Swimming enthusiasts did not take that long to innovate and invent in their own field. "If they can walk and take the endless path without actually leaving, maybe we can swim, without actually going any distance?" Then came the idea of the endless swimming pools.

Endless pools are basically small swimming pools which are designed with the main purpose of providing aerobic exercise to a swimmer. Similar to the principle applied in the treadmill, a swimming machine is installed in the pool.

A swimming machine is the heart of an endless pool. An online dictionary defines it as a resistance swimming apparatus, often self-contained, enabling the swimmer to swim in place. The endless pool system will create a constant current for the user to swim against, thus creating a good practice exercise for swimming enthusiasts.

Swimming machines first came out and became very popular in the 1970s. They were then known as counter current swimming machines. They originally employ pump-driven jetted streams to create the counter current. This however resulted in an un-natural swimming environment because of a certain amount of turbulence it created. Propeller driven and paddle wheeled counter current machines were invented in the 1980s and 1990s. The design made an impact to the swimming community, since it generated a far-smoother stream of water, making the users more relaxed and the experience more similar to that of the natural swimming environment.

Almost all swimming machines today are engineered to be adjustable to any speed based on the user's need. They are portable and can be easily installed. Aside from its popular use in swimming and water exercise, they are also designed for health and fitness, triathlon training as well as for aquatic therapy. They can also be used in water-based therapy for arthritis, chronic pains, multiple sclerosis and many others. Because you can control its speed, it makes it entirely suitable for users with different level of swimming expertise.

Installing a swimming machine and thus creating your own endless pool will surely have a lot of benefits. Since Olympic sized swimming pools are not always available to practice a swimmer's speed and endurance, endless pools are a very good substitute. Aside from being a great exercise, study shows that swimming is a very good and inexpensive way to relieve stress. Having an endless pool in your own home assures you of an easily accessible stress and anxiety reliever, as well as an endless source of family fun.