



## **The Swimming Pool at Gouarec - Will Cake**

- Jon Right, William, so what is your job title, first of all?
- Will Um, I'm a swim coach/swim instructor, and a life guard. So it's a mixture of all three, 'coz we teach swimming, we do aqua-gym, aquarobics, and we also life-guard the pool during the holidays, so quite a lot of diversity in our job.
- Jon Yeah. I've just seen the pompiers, actually, there's been no emergency here this morning, has there?
- Will No, a little kid, er, didn't feel too well, but nothing ... nothing dramatic, no.
- Jon Good. So apart from swimming, though, I mean this bath ... firstly, how long's it been open?
- Will So the pool opened on the 7<sup>th</sup> of June, 2014 ... no, the 7<sup>th</sup> of July, sorry, 2014, so a year and a half now.
- Jon A year and a half, yeah. And as well as swimming, obviously, what is available here?
- Will So we have public swimming to come and swim during your free-time, we also have swimming lessons for adult(s), er children, lessons from beginners right through to intermediate and then perfection so those who want to progress further. Er, we have aquarobics, and we also aqua-bike as well, which it quite fun, so it's cycling in the water which is quite interesting. We ...
- Jon I've got my bike outside. Would you allow that in?
- Will Probably not, no. So ...
- Jon How does that work, aqua-biking?
- Will Aqua-biking? So it's a bike in the water, which has, like, paddles on it to resist the water. So every time you paddle it slows down, so it's hard on your legs, it works your legs quite a bit.
- Jon So how would that differ from ordinary cycling then?
- Will The advantage of it is that you're in the water, so there's no hills, so you're on the flat. And you don't move, you stay static. But you work more ...
- Jon That sounds like a disadvantage.

- Will You work more, your muscles, and the legs doing different exercises and stuff while cycling.
- Jon And actually, I think – correct me if I’m wrong – but swimming is supposed to be the best form of exercise available, isn’t it?
- Will Yeah ...
- Jon It exercises all the muscles.
- Will Swimming is one of the best, definitely. Front crawl and (breast-) ... back-stroke work all the muscles, and are the best to lose fat, and also work and tone the body which is the best to do. Breast-stroke’s okay, but it doesn’t work as much as front crawl. Swimming is definitely really good.
- Jon Sounds good. Okay, so you just told us that you’re also a trainer. If somebody had a specific, say, medical problem, and they wanted to recover from an illness, say heart surgery or something, would you be able to tailor a programme specifically for them?
- Will We could do, yeah. At the minute we don’t have any lessons in place at the moment for that, but we do ... er, if someone wants to learn to swim or re-learn to swim who’s had an injury, we can do that, yeah. There’s a lady I’m ... I teach to swim, she already knows how to swim but she’s got problems with her thighs, and I’m trying to train her to get a better level. So we can teach to all different levels and different disabilities.
- Jon And, um, are available, are discounts available for people who, say, want to come here regularly and buy a season ticket?
- Will Yes, we have different prices. For those who want to just swim, we have a year pass. So, I don’t know the price exactly, but it’s quite cheap. It works out at about ... if you come every day, it’s about €160 for the year. That’s every day, so it’s pretty cheap.
- Jon Yeah. Yeah, it’s cheaper than having your own indoor pool, isn’t it?
- Will Definitely much cheaper, yes. And there are very different tariffs, so can buy ten tickets, you can buy twenty, you can buy a whole year’s pass – so it depends on what you’re looking for.
- Jon Mmm. And you can actually you use those tickets whenever you want?
- Will Yes, er, during public swim times, yeah.
- Jon Okay. Because most of the time it’s reserved for schools?
- Will Most of the time it’s schools, and aqua-gym, aquarobics, and aqua-bike and things like that, and swimming lessons.
- Jon Do you get many British customers here?

Will Um, not at the moment, no. But we're starting to put in place a lesson with the AIKB, which will be on Monday mornings from 9 to 11.

Jon An that's going to be a regular occurrence?

Will That will be every week, yes.

Jon Oh right.

Will So I'm trying to pilot that through with the AIKB and my Director. So that's ...

Jon And that's starting next Monday?

Will Next Monday, yes.

Jon So William, I might see you then. Thank you very much.

Will You're welcome.

