

Views From the E-List – Personal Music in the Pool*

Query:

Has anyone used a waterproof iPOD before for swimming? I have a client who wants to try one and I wanted some advice.....
thanks for any info!

Responses:

I haven't used water proof iPods. But the Finis MP3 players are amazing. Never heard anything like it. The speakers sit on your cheek bones and the sound radiates through your head. Lap swimmers who want to listen to music they are the best. Best used for lap swimmers not water walkers and aerobic exercise enthusiast.

Check out www.swimman.com. They sell an ipod shuffle with waterproof ear plugs. Mine is 2GB and I've loaded a good bit of my aquatic workout music and AiChi music on it. I use it all the time in the pool. I also use it if I'm walking by myself. The beat in the aquatic music sets a good pace for a 18 minute mile.

**Opinions and suggestions expressed in this column represent e-list member responses to the query posted. They are not represented by the Aquatic Therapy and Rehab Institute and/or the author(s) of this column as recommendations regarding appropriate practice.*