

Mix Swimming

Posted by popcorn - 25 Jun 2015 16:40

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Hi, I go to the gym most days a week for health reasons and the times I can go are the times when the swimming is mixed swimming anybody else dealing with such issues and I enjoy swimming more then other exercise?

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Re: Mix Swimming

Posted by serenity - 27 Jun 2015 00:02

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Btw if r even just wiling to jump off a train for sobriety, mixed swimming wouldn't cause us to fall. I'm not talking about halacha here obviously.

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Re: Mix Swimming

Posted by shlomo613 - 27 Jun 2015 23:20

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I'm a serious swimmer and have swim for years. I used to swim about 2 miles a week. It was mixed swimming.

As I made improvements in my kedusha I moved to a less busy pool, and then with time was mekabel never to enter pool area with glasses (my vision is bad), then I eventually even painted the inside of my goggles black with a small hole to see through.

Did swimming bring on lust? Once I was mekabel not to go with glasses to the pool area i by then cared very much about kedusha and I think not. I still had occasional falls.

I eventually reached a place where I felt it was time and appropriate to cut out mixed swimming completely. For the siyata dishmaya I needed to have greater freedom from acting out, and also in respect of the sense of kedusha Hashem had given me.

I am pained by the loss of swimming, and I haven't exercised for a year. But it was a deal that I went into with full knowledge and stand by to this day. If I didn't, I would go back.

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Re: Mix Swimming

Posted by serenity - 28 Jun 2015 02:41

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I hope I don't have to give up swimming. Although I haven't been swimming that much lately for various reasons, I like to swim open water. There is a group that goes 2 mornings at 7am for .6 miles and then back for 1.2 total. It's amazing.

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Re: Mix Swimming

Posted by SIB101854 - 28 Jun 2015 03:06

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B"Ezras HaShem, I will post the mareh makom tomorrow or Monday evening.

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