

TIPS, TRICKS AND FIXES FOR YOUR APPLE PRODUCTS AND SOFTWARE

A Publication of the
Lincoln Hills Apple User Group

Swim with your Apple Watch

From laps in a pool to a freestyle across open water, your Apple Watch Series 2 or later is ready for a swim with you.

Start a swimming workout

1. Open the Workout app.
2. Scroll to Pool Swim or Open Water Swim. Use Pool Swim for laps in a pool and Open Water Swim for swimming in places like a lake or ocean.
3. Tap to start the workout or tap the more button  to set a calorie, distance, or time goal.
4. For Pool Swim, turn the Digital Crown to set the pool length. This helps your Apple Watch accurately measure your laps and distance. Then tap Start.
5. Wait for the three-second countdown. To skip the countdown, tap the screen.



When the workout starts, the screen automatically locks to prevent accidental taps from water droplets.

- To pause your swim, press the Digital Crown and the side button at the same time.
- To resume your swim, press the Digital Crown and the side button again.

To check your progress, check your watch face. You can choose which metrics you see on the screen.

Unlock your Apple Watch and clear water from the speakers

When you start a swimming workout, your screen locks to prevent

accidental taps. You can see the Lock icon  at the top of the screen. To use your watch, you need to unlock the screen.

1. To pause your workout, press the Digital Crown and the side button at the same time.
2. Dry your screen. If your screen is wet, the water might cause accidental taps.
3. Turn the Digital Crown to unlock the screen and clear any water from your Apple Watch. Your watch makes a sound, and you might feel water on your wrist.

To lock your Apple Watch again, swipe right, then tap the Lock

button .



Apple USB-C to 3.5 mm Headphone Jack Adapter

[Click Here](#)

iPad Tip



[Click Here](#)

LHAUG



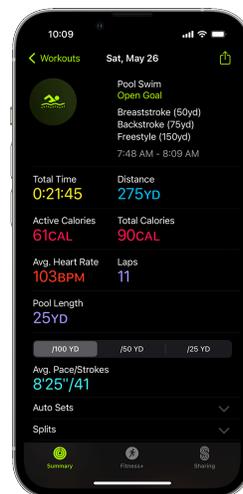
Check out the
older issues of
the Cider Press

[Click Here](#)

End your workout

1. To pause your workout, press the Digital Crown and the side button at the same time.
2. Turn the Digital Crown to unlock the screen.
3. Swipe right, then tap the End button .

When your workout ends, your Apple Watch shows you a summary of your workout, including the strokes that you swam. To see more, check your workout history in the Fitness app on your iPhone.



View splits and sets

1. On your iPhone, open the Fitness app.
2. Tap Show More next to Workouts.
3. Tap the workout that you want to view.

The Pool Swim workout automatically tracks your splits and auto sets, while the Open Water Swim workout only tracks splits. Splits are your total workout time divided by distance. Auto sets show your rest and swim time separately.

In earlier versions of watchOS, your rest time was subtracted from your splits. In the latest version of watchOS, your splits include your rest time.

How to switch apps to List View

By default, Apple Watch uses a "honeycomb" view to browse installed apps, identified only by their icons. However, there is a more straightforward List View option. Here's how to turn it on.

1. View the honeycomb app screen on your Apple Watch
2. Firmly press the screen with your finger until the option to switch your app layout appears
3. Tap **List View**



If you find that you don't like the List view, you can revert the changes by following the steps above, and selecting "Grid View"

Disclaimer - the opinions expressed and products listed therein are the opinions of the author and do not necessarily reflect the opinions of the officers, Directors, or members LHAUG.