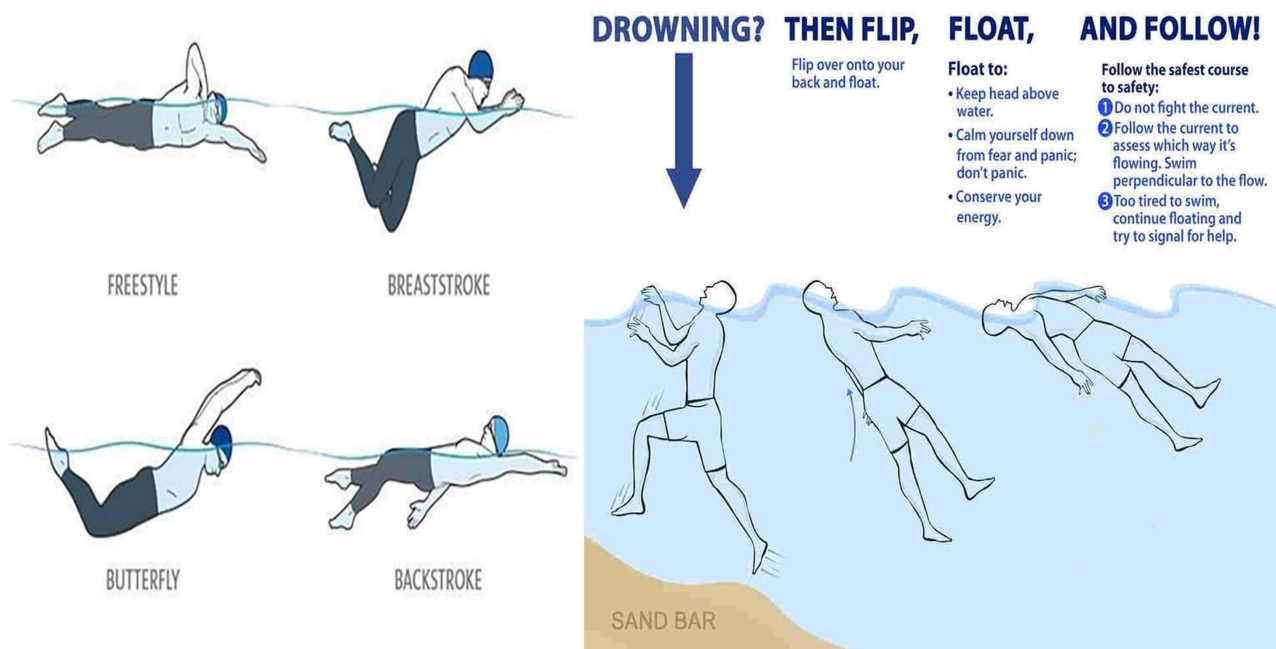


Learn Basic Swimming Techniques



If you are a novice, it is important to learn a few basic swimming techniques so you can feel safe in the water. If you master these basic techniques first, you will feel more at ease and relaxed when you tackle the popular swimming strokes. This article gives you an overview of those basic techniques.

1- Getting Comfortable in the Water

The first step for a novice is to be able to enter the water without being afraid and to be able to control breathing once being in the water.

2- Learning How To Float

If you can't swim, you might believe that in the water you would sink to the ground like a stone. However, this isn't true. In fact, it is very easy to float in the water as long as your lungs are filled with air.

3- Learning the Flutter Kick

The flutter kick is a simple yet effective swimming technique where your legs exactly kind of a whipping motion. As a beginner, you should learn to do this technique in a prone and in a supine position. You'll be then able to use the flutter kick to tread water and to swim dog paddle. Later on, you'll use this technique while swimming backstroke and the freestyle stroke.

4- How to Do the Starfish Float

The starfish float is a basic swimming technique where you float on your back with arms and legs spread apart.

5- Learning the Breaststroke Kick

As a beginner, it is also important to know the breaststroke kick, even though it's more difficult to learn than the flutter kick. Beginners can use the breaststroke kick to tread water and to swim elementary backstroke. Obviously, the breaststroke kick is also used while swimming breaststroke.

6- Sculling Water

Sculling water is another basic swimming technique. Basically, you float in an upright position with your head above water and with your arms extended sideways at shoulder level. You use quick sweeping movements of your arms at the water surface to stay afloat. This technique is best used in combination with a kicking movement of the feet (see below).

7- Treading Water

Treading water allows you to stay afloat in the same spot while keeping your head above water and your body upright. It is a very useful technique when you need to orient yourself in the water or to observe something that happens around you on land.

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BREASTSTROKE: Arms

Push and glide adding arm pulls



Aim: to progress arm action and technique from previous exercises

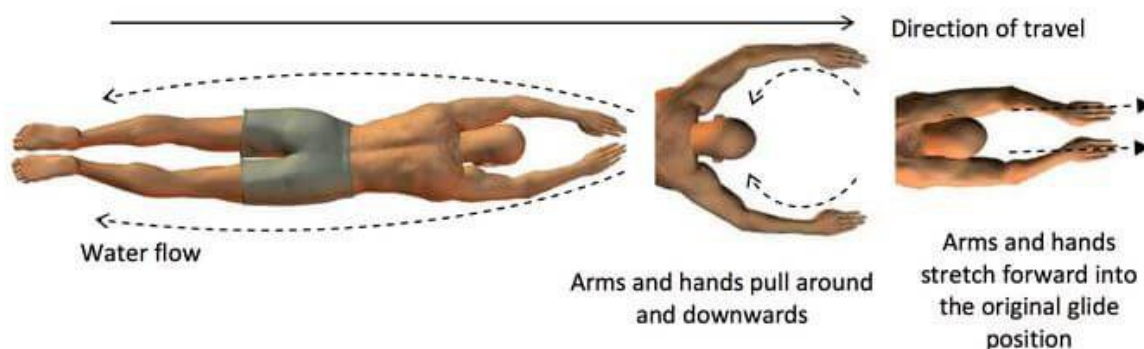
By incorporating a push and glide, this allows the swimmer to practise maintaining a correct body position whilst using the arms. This is a more advanced exercise as the number of arms pulls and distance travelled will vary according to the strength of the swimmer.

Technical Focus

- o Arms and hands should remain under water
- o Elbows should be tucked in after each pull
- o Arms should extend forward into a glide position
- o Body position should be maintained throughout

Key Actions

- o Keep your hands under the water
- o Pull your body through the water
- o Tuck your elbows into your sides after each pull
- o Stretch your arms forward with hands together



bbs.js WHAT DOES DROWNING LOOK LIKE?

THE SIGNS OF DROWNING

- 1 FACING SHORE
- 2 MOUTH AT WATER LEVEL
- 3 HEAD TILTED BACK
- 4 BODY VERTICAL
- 5 CLIMBING LADDER MOTION



SIX REASONS EVERY KID SHOULD TAKE SWIM LESSONS

FOR CONFIDENCE

Swimmers build confidence when they overcome challenges, from their first kicks across the pool to swimming laps.



FOR SAFETY

Swimmers learn how to be safe in and around water.



FOR LIFE

Swimmers develop a lifelong love of swimming, an activity that brings enjoyment and health benefits long after they complete their first swim lesson.



FOR HEALTH

Swimmers get exercise while developing coordination, skills and endurance.



FOR RESCUE SKILLS

We start rescue skills as early as Stage 1.

FOR EMERGENCIES

During swim lessons, swimmers learn to safely exit in the event of falling into water.



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DROWNING? THEN FLIP, FLOAT, AND FOLLOW!



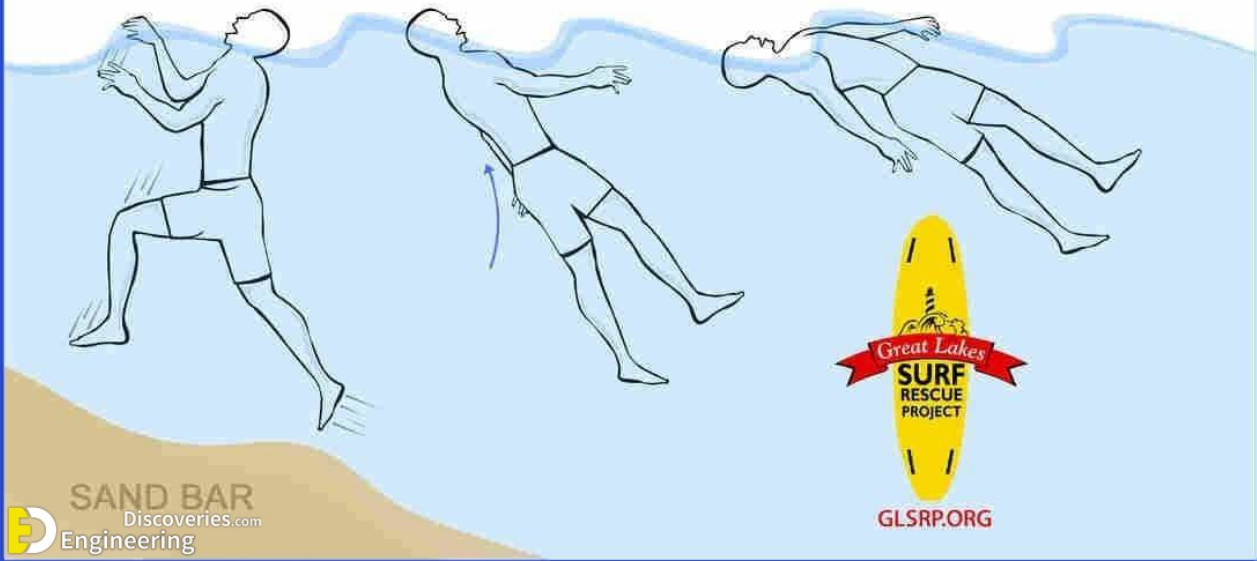
Flip over onto your back and float.

Float to:

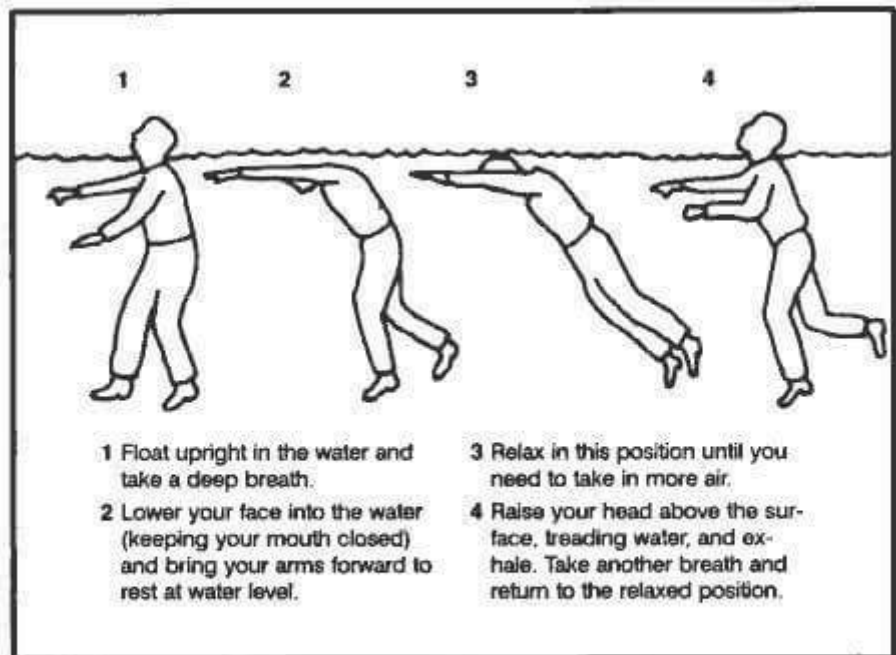
- Keep head above water.
- Calm yourself down from fear and panic; don't panic.
- Conserve your energy.

Follow the safest course to safety:

- 1 Do not fight the current.
- 2 Follow the current to assess which way it's flowing. Swim perpendicular to the flow.
- 3 Too tired to swim, continue floating and try to signal for help.



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1 Float upright in the water and take a deep breath.

2 Lower your face into the water (keeping your mouth closed) and bring your arms forward to rest at water level.

3 Relax in this position until you need to take in more air.

4 Raise your head above the surface, treading water, and exhale. Take another breath and return to the relaxed position.

Figure 16-2. Floating position.

SURVIVAL TECHNIQUES IN OCEAN



A Faster Freestyle

The first in our new series dedicated to helping you build your repertoire of practical, results-oriented fitness skills.

Featured Expert: Craig Strong has been coaching competitive swimmers — from beginners and NCAA collegians to elite seniors — for 20 years. The Chicago-based coach holds a Level II certification from USA Triathlon and a Level IV certification from the American Swim Coaches Association.



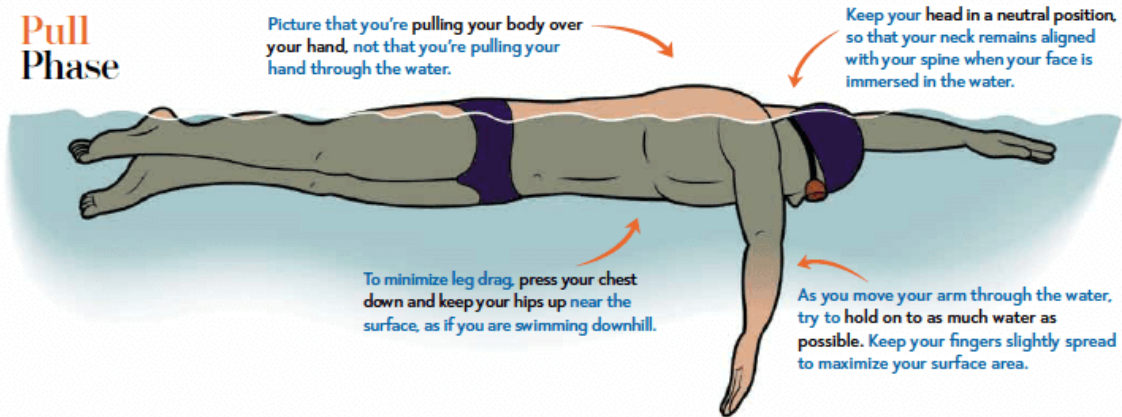
Whether swimming laps is already part of your fitness regimen, or you need to start swimming more as part of a cross-training or triathlon-prep plan, you'll get big benefits from strengthening your freestyle stroke.

This is the classic "crawl" stroke most swimmers use to churn through the water in swim-bike-run events, and while it's one many of us learned at an early age, our technique often leaves much to be desired. "Often, swimmers maintain poor body posi-

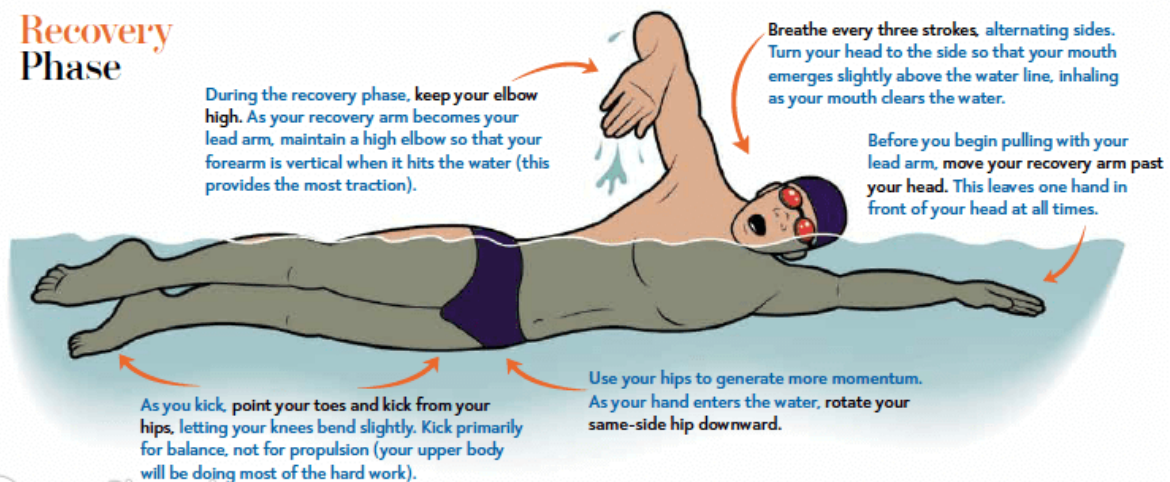
tion, elevating the head, which causes the lower body to submerge," says Craig Strong, a Chicago-based swim and triathlon coach. "This off-balance posture creates frictional resistance, or drag, underwater. When this happens, you lose more energy fighting gravity and trying to stay afloat than moving forward."

See more tips from Strong, below. Keep in mind that perfecting your stroke can take years, so be patient, he advises. "In practice sessions, focus on one thing at a time."

Pull Phase



Recovery Phase



SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and promote physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



Health Benefits Of Swimming

- ≍ linked to better cognitive function
- ≍ lower risk of type 2 diabetes
- ≍ lower risk of high blood pressure
- ≍ decrease the risk of chronic illnesses
- ≍ reduces joint inflammation
- ≍ improves memory function
- ≍ helps combat obesity
- ≍ improves coordination, flexibility, balance and posture
- ≍ builds endurance, muscle strength, and cardiovascular fitness
- ≍ slows down aging
- ≍ provides all-over body workout
- ≍ improves oxygen and blood flow to the brain
- ≍ improves overall social well-being
- ≍ healthy lungs
- ≍ relaxed mind
- ≍ lower risk of stroke
- ≍ good for asthma
- ≍ healthy weight

General Tip: Warm up and stretch your muscles before swimming.

4 MAIN SWIM STROKES

Breaststroke

Butterfly

Freestyle

Backstroke



STROKES EXPLAINED[®]

Choose the part of the body you want to work out, grab the goggles and swim cap, and hit the water!

Freestyle

Generates the greatest force
Engages chest, lats, and back muscles



Backstroke

Perfect for recovering after an intense workout
Engages back, and hamstrings



Breaststroke

Good strengthening and cardiovascular workout
Engages shoulder, chest, and lat muscles



The Butterfly

Good for fat burning and boosting metabolism
Engages chest, back, core, and shoulder muscles



Front Crawl

Learning Objective: To perform the front crawl...

1. Showing parts of the stroke e.g. body position, leg action, arm action.
2. Showing the full competitive stroke.

BODY POSITION

1. Horizontal and flat on front – streamlined.
 2. Water level with eyebrows (look forwards and down).
- TIP: The water should be around your head – not covering it!**
3. Feet just below the surface.

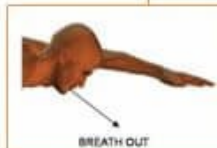
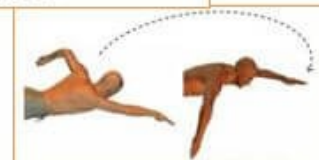


LEG ACTION

1. Alternating, up and down action.
 2. Long legs; soft knees.
- TIP: 'Floppy feet' will help make your kick more efficient.**
3. Kick from hip (press down on the water with thigh).

ARM ACTION

1. Alternating action.
 2. Press down on the water pulling under your body – touch outer thigh with thumb.
 3. Lift your elbow **high**, bringing your hand out of the water...
 4. ...stretch forward, entering thumb and index finger first ahead of your shoulder.
- TIP: Keep your fingers close together to make swimming more efficient.**



BREATHING

1. Lay your ear on the water, turning your head to the side (where your arm is recovering over the water).
2. Your face should be back in the water by the time your hand is entering.

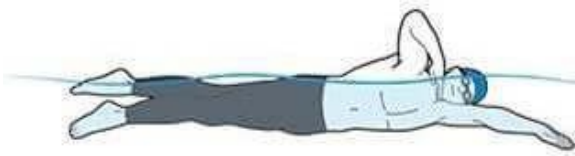
TIMING

1. Continuous, rhythmic stroke.
2. Breathe every 3rd stroke.
3. Kicking balances the stroke. As long as your stroke flows, you won't get this wrong.
4. Breathing should not disrupt the rhythm or flow of the stroke.



Success Criteria : you need to be working at the same level for every skill to achieve it as a final level.

Level 3	Level 4	Level 5	Level 6	Level 7
Show a good kicking action with a float.	Swim 25m of recognisable front crawl unaided.	Swim 50m with good technique.	Swim 100m maintaining good technique.	Swim 200m maintaining good technique.
Swim one width unaided.	Accurately describe good technique.	Recognise strengths and weaknesses in performance	Suggest ways for others to improve their performance.	Make accurate analysis of performance, identifying how to improve.



FREESTYLE



BREASTSTROKE



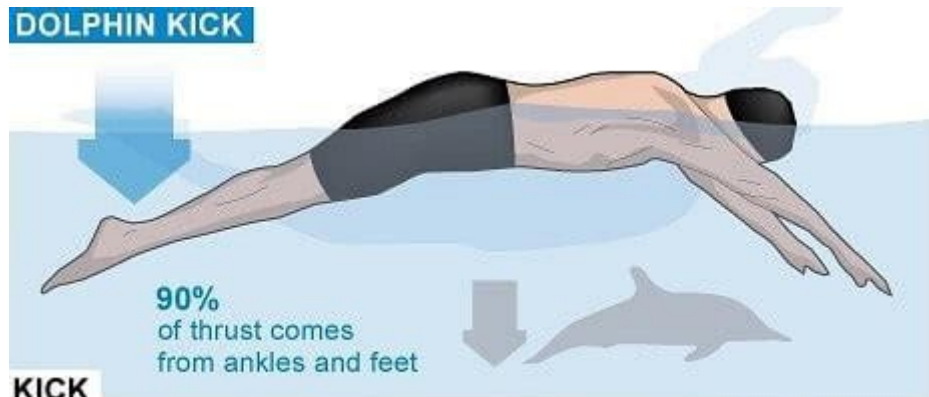
BUTTERFLY



BACKSTROKE

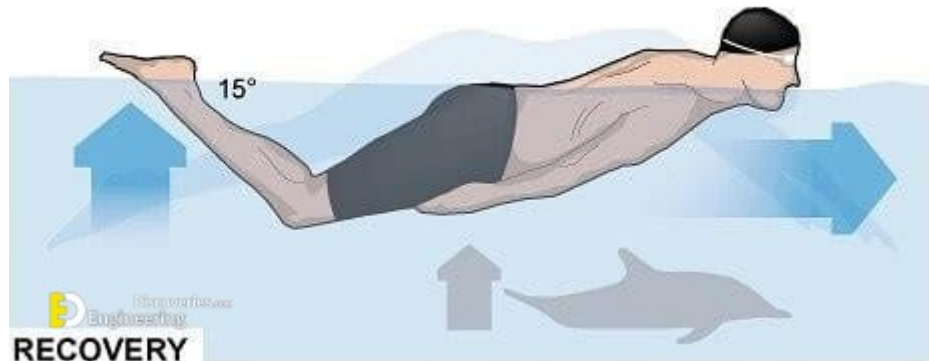


DOLPHIN KICK



KICK

This technique, performed at the start of the race and after each turn, is crucial to success as it allows the swimmer to keep more of his body beneath the water, meaning he creates fewer waves and less drag.



RECOVERY



How often? For maximum weight-loss, aim to swim at least three times a week with at least one rest day between swims.

15-minute plan for beginners

CALORIE BURN 105

- Swim 4 lengths at a steady pace
- Swim 2 lengths at a fast pace
- Repeat for the rest of the workout

20-minute plan for beginners

CALORIE BURN 140

- 5 minutes steady-pace swimming
- 5 minutes fast-pace swimming
- 5 minutes steady-pace swimming
- 5 minutes fast-pace swimming

20-minute plan for intermediates

CALORIE BURN 200

- Swim 4 lengths at a steady pace
- Swim 1 length at a fast pace
- Swim 4 lengths at a steady pace
- Swim 2 lengths at a fast pace
- Swim 4 lengths at a steady pace
- Swim 2 lengths at a fast pace
- Swim 2 lengths at a steady pace
- Swim 2 lengths at a fast pace
- Swim 4 lengths at a steady pace
- Swim 1 length at a fast pace
- Swim 4 lengths at a steady pace

30-minute plan for intermediates

CALORIE BURN 250

- Swim 10 lengths at a steady pace
- Swim 4 lengths at a fast pace
- Swim 4 lengths at a steady pace
- Swim 4 lengths at a fast pace
- Swim 10 lengths at a steady pace
- Swim 2 lengths at a fast pace
- Swim 2 lengths at a steady pace
- Swim 2 lengths at a fast pace
- Swim 10 lengths at a steady pace

Making your 30-minute plan more advanced

- Every time you do your 30-minute workout, aim to reduce the number of lengths you swim for the major recovery sections by a length at a time from 10 lengths to 4 lengths.
- Aim to progressively increase the speed of your fast-paced swimming.
- Aim to progressively increase the speed of your steady-paced swimming.

- Over time, you can increase the number of lengths that you swim at a fast pace for the first 'sprint' section of the plan. Ultimately you should aim to increase this part to swim 10 lengths at a faster pace before you start your period of recovery.

