

Swimming Course Targets

In many fields of sport, a change in methods of coaching dynamics (motion) is taking place. New knowledge is leading to other ways of furthering ability and attaining proficiency. Based on these advances, the Swiss Swimming Association has developed a new long term plan rather than a series of tests. The aims of our swimming courses are in accordance with this plan.

By participating in various, enjoyable games and exercises in the water, the child experiences the water's most important properties—buoyancy and resistance. Having an awareness of these properties allows the child to acquire a basic feeling for water. Optimal movement in water is gained through the comprehension of the four root elements: breathing, floating, gliding and propulsion and the so-called root movement: arm, leg and body action. We go from the core out so that all of the possible objectives in swimming (breaststroke, crawl, lifesaving, synchronized swimming etc.) can be easily learned.

In comparison to the earlier methods of teaching swimming, the path to many different water sports will be prepared already in the beginner's lessons.

What has changed in the children's swimming courses: Getting accustomed to the water receives even greater emphasis. A third of all the exercises center on breathing showing the importance breathing has in swimming. Until now, the children usually learned one swimming style after another. For instance, first breaststroke, then crawl or backstroke. Today in training and practice, various possibilities for forward motion will be acquired that will later be adapted into a final swimming style.

With the content of the new courses, we are pleased to offer your child eventful and purposeful swimming instruction.

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