

BRAIN,
HEART & SPORT

PREPARING THE FIRST LESSONS OF SWIMMING

SESSION 1



Special Sport for Special People



Co-funded by the
Erasmus+ Programme
of the European Union

SESSION 1

SWIM WHILE BREATHING

Improve your physical
fitness and mobility
with relaxing and
complete stretching
exercises in the water.

SESSION 2

STAY ON SURFACE

Improve your physical
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SESSION 3

FEEL THE WATER TO MOVE

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SESSION 4

LEARN THE STYLES

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SESSION 5

GET READY TO GET WET

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LEARN TO LOVE WATER

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GET FREEDOM OF MOVEMENT

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IMPROVE THE MOVEMENTS

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WELCOME TO WATER WORLD

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3.
PREPARING
THE FIRST LESSONS
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STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

swimming pool,
bathing suit

1 STAND UP STRAIGHT

2 SWIMMING FOR LIFE

4 TRAIN FOR LIFE

5 WATER AEROBICS

6 QUICK PICK

SESSION 1 > SWIM WHILE BREATHING

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

GOGGLES

Buy a pair of goggles for the swimming pool. Nothing ruins.

- › Take it so that you sock right in the eye area. They do not have to cover your nose and mouth.

PUT THE GOOGLES

You're in the shower or sit in the tub where the water is shallow and try them on. Usually, you need to adjust a couple of straps and fix them on the face to stop any water ingress.

BREATH AND SWIM

Get into the habit of putting his face in the water with the glasses.

- › Hunting the air from the mouth and nose. For the most part, and espirerai will breath through the mouth.
- › Learn how to breathe with his mouth closed on the water. Does it take time and application.
- › Exhale through your nose just enough to keep out the water. Make it rise from the nose. Buy a clothespin squeeze the nose for the pool, if you have problems.
- › Over time learn to count to ten with face underwater hunting and slowly the air from the mouth. The exhalation should take place while the mouth is in the water.
- › Relax while raising his head to take a breath with the rest of the face in the water. You can also find out to do it, taking a bit 'of water in the mouth. Just spit it out ... like dolphins, we have a system in the body that allows us to prevent water from entering the lungs.

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SESSION 2



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SESSION 2 > STAY ON SURFACE

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

CULTURE ON WATER

Fill a cup with water and make a sewing needle floating on the surface. The needle will be able to float if it was placed side gently. This principle applies to the needle, but also for the people and the boats, because the water droplets attract each other. They join together if the object does not weigh too much in proportion to the surface of water it displaces. Ask to Archimedes! This is the reason why the needle laterally floats and sinks before the end.

LEARN TO BALANCE THE WEIGHT OF THE BODY

Learn to balance the weight of the body on the maximum surface area, so that the water face you float like a ship. Remember what happens to a needle when the end first ends in the bottom of the cup. Without proper control of the body, the feet will act as the terminal part of the needle!

- › Start on the bed, pretending to be in the water. Imagine your body as a swing. You can do so because the center of buoyancy, or the point of the body that remains afloat, and the center of gravity, or the point of the body that pulls down, are very close together. The center of buoyancy is located at chest height thanks to the air in the lungs. The center of gravity is located on the sides, which act on the feet in the same way that the end of the needle sinks when trying to stay afloat.
- › To perform a swinging movement and balanced while swimming, looks down, stretch your arms forward, as does Superman when flying, and kicks. All styles, except for two, with at least one arm stretched in front of the face to maintain a proper position of the body. To return to an upright position, lift your head, stop kicking and exhales. The force of gravity will win.

TRAIN ON THE BED OR ON THE FLOOR

- › The body slightly rotate from side to side and also turns his head sideways to breathe. To exhale port mouth down. Back, to float or swim backstroke. Move your arms sideways and puts his hands in the water, with the palm down, keeping away from the hips.
- › Continuing, move your legs up and down quickly, as if they were a pair of scissors. This is the fundamental movement to swim both backstroke or supine. In doing so, bend your knees. Trained to snipping the legs on a chair, holding a little 'bent and with the tips of outstretched foot. Raising in this way the legs and hips, you'll keep straight on the water surface. The swing of the movements in the water will have to be balanced.

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SESSION 3 > FEEL THE WATER TO MOVE

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

PADDLING

In swimming this movement is defined as “paddling”. It is a rhythm of hands and arms that allows you to stay on the surface and move around whenever you want. When you’re in the bath, try to do some paddling!

He begins by sitting and move your hands up and down sideways. Try to feel the water resistance. If you push down, the body moves up. If you push from the side, the body turns. If you pull back, go forward. Get familiar with these movements so you feel ready when you’ll be in the water with no support. This is the “romantic” of the relationship you have with water.

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PREPARING
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DURATION OF THE SESSION

10 minutes

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swimming pool,
bathing suit

SESSION 4 > LEARN THE STYLES

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

YOU CAN RUN THE STYLES LYING ON A BENCH

This is the movement of vital arms in which you will practice. All the movements are similar under water and must be done correctly to avoid any injury caused by an activity swim wrong. Work out on the bench press works in a truly effective. When you continue with swimming lessons, move legs and arms this way or bend your torso in front of a mirror. It will help the coordination of mind and body, since you can not see you when you'll be in the water. Instead, she tries to sense and feel the way you move. This will be the time when you will start your story with water.

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4.
PREPARING
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STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

swimming pool,
bathing suit

SESSION 5 > GET READY TO GET WET

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

SWIMSUIT

Obtain a suitable swimsuit. Forget skimpy bikinis or shorts to the knee.

HEADSET

Use the headset. The long hair is to the headset as milk is to biscuits. If you do not like the hair in the milk, then keep them out of the pool.

GOGGLES

Do not forget to bring and to use the goggles.

1 STAND UP STRAIGHT

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BRAIN,
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PREPARING THE FIRST LESSONS OF SWIMMING

SESSION 6



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4. PREPARING
THE FIRST LESSONS
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STAFF

1 teacher

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10 minutes

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swimming pool,
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SESSION 6 > LEARN TO LOVE WATER

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

MOVE IN THE WATER

It starts to move in the water a bit 'deeper, where you can stand still with his head out.

POOL BAR

Keep the pool bar and starts to go up and down in the water, breathing through your mouth when you're out and out when you're under. Always exhale with your mouth when you're underwater.

PADDLE

When you're ready, move by the poolside. Give yourself a push with your feet on the back and kicks to stay afloat.

STANDING VERTICALLY

At a point where it is easy to stand straight, from a boost to balance the position of the body, kicks a few minutes, put his face in the water and paddling a little ', standing vertically.

PLAY

Play in the water. Relax and stay in control, and then tries to make larger movements. Used to having water face and body relaxed. It is advisable to familiarize yourself using a tool which helps you to stay afloat and to eliminate any fear of going underwater. You can also swim a bit 'below before rising. It is just to relax and make use of their abilities then they're going to improve. Your first reaction in the water will have to be to lie down on the surface, paddling, kicking, breathing and staying relaxed. Do not try to climb on an invisible scale.

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SESSION 7



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SESSION 7 > GET FREEDOM OF MOVEMENT

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

TABLET

Keep a tablet or a hose, stretching your chin into the water and kicking. Make 5-10 meters in this way, exhaling with his face in the water, where the water is shallow and you can stay. After managing to get a feel dabbling, go into areas where it does not touch will not be a problem, because it always keeps you afloat. It would be ideal if I could do it without any support for flotation.

MOVE

Now, with his arms stretched out in front of that row to move forward, get some fresh air.

FLOATING

Next, turn around to kicking back and paddling with your arms to the sides. You're on the surface without moving. Floating, relaxing and trying to stay that way for about 30 seconds. This way, you will feel to buy control and well-being in the water.

It is ideal to learn to float before his back. Inverted, floating on the back, instead of staying with his face in the water. It is the preparation for the real lessons. Do not overdo it and do not expect great results. Improve time-consuming.

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YELLOW

SESSION 8 > IMPROVE THE MOVEMENTS

Improve your physical fitness and mobility with relaxing and complete stretching exercises in the water



10 minutes

MAIN SESSION

DEEP WATER

To float straight into deep water, you will need to have the face-off, hands rowing and feet kicking. Remember the needle when you try to do it without being able to kick and paddle properly.

PRACTICE

Use a tool for water exercises or a belt with floating around the waist as you try to improve your skills. It's a great way to train, even after learning to swim. You can do as you float straight with belted.

MOVE

Move the bottom hand and back with one arm at a time. At the beginning only moves the arm 45 degrees relative to the surface. Firm hand, raises his elbow and brings his hand toward the surface. This is the movement to do when nuoterai in effect.

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10 minutes

MAIN SESSION

Now you're ready to begin your first swimming lesson. Tries to overcome anxiety and understand what goals to improve your skills, so you can implement the basic things that will be taught to you.

CONFIDENCE

Follow the course, confident in your abilities, and prosper in.

FUN

Have fun. Know how to swim opens a new world of sports to try and from which benefit. Just remember that water is not always friendly. You have to take them over. Do what you have learned with caution.

ADVICE

- › Breathing correctly is the most difficult part, when trying to acquire a positive attitude in the water.
- › The people who are in the water in panic seem climbing an invisible ladder to try to stay afloat. The head goes up and your feet down. They slap the water with their hands and forget to breathe. The essential point, when you learn to swim, is to understand to use the water, not fight it.
- › The amount of oxygen required to swim is equal to that which is used for walking. No need to make great gulps of air. Just have the same rhythm in breathing used everyday. Go underwater and back in the pool, in a normal bath or whirlpool, in a lake, ocean, or when a game you grab the apple with their teeth in a tub full of water is always good to train your breathing.
- › The alignment of the body on the water surface is the most important element to swim properly. No, you will consume much more energy. That water is a context in which will not be able to win, no matter how strong you are. This is why it is so important to put your face underwater. Inhaling while the mouth is just above the surface maintains the important body alignment. Always remember the needle experiment.
- › Being able to swim every day accelerates learning.
- › Consider use of a tool to float. There are four types of forms. Make sure it is of foam and non-inflatable.