

**Being and staying active,  
now is a good time.**



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*This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*



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



# SWIMMING - BEGINNERS

## BREATHING AND FLOATING

Breathing patterns that needs to be learned:  
exhaling through the nose and through the mouth. We encourage always inhale through the mouth.

Exercises, performed next to the pool wall:

- exhaling into the water (5 - 10 repetitions)
- floating next to the wall and exhaling into the water
- while floating: putting the head into the water, exhale and then inhale
- floating, turning and breathing to the side (left, right)
- glide and breathe to the side

Exercises with the kick board:

- glide, kick freestyle, lift the head and inhale, lower the head, exhale
- glide with kick board in one arm in front, exhale into the water, breathe to the side

Exercises for gliding in the water:

- start from the wall, push and glide for 5 seconds (on front and back)
- pushing from the wall, glide, leg kick (on front and back)
- push, glide, leg kick, lift one arm up above the head
- on your back, push, glide, leg kick, hold both arms above the head
- push, extend arms, practice floating

## GUIDELINES FOR INSTRUCTORS

### STAMINA

longer sets of drills with shorter breaks

### SPEED

fins, going all out on sprints  
just kicking very fast, 10 x 25 m

### TURNS AND STARTS

practising constantly

### SWIMMING IN LANE

practice and explain the rules and etiquette  
teach to respect other swimmers

# SWIMMING

## INTERMEDIATE TO ADVANCED

### COORDINATION

- combination of different legs and arms techniques
- the scissors exercise: gliding, changing arms, using only one arm to swim the whole line
- using slower moving

### FEEL OF THE WATER

- use props to improve the feel: swimming noodles, paddles, pull buoy, fins, snorkel
- glide, head in the water, extending the elbows next to the thighs
- floating without the leg kicks, doing the wave (above or below)
- freestyle recovery, pushing the water with the fingers in the opposite direction

### IMPROVING THE TECHNIQUE

- counting the strokes, reducing the number
- one arm freestyle, tickling your armpit
- for improving the breaststroke kick, the heel touches your hand every time





## GUIDELINES FOR INSTRUCTORS

### BACKSTROKE

- kicking,
- hold kick board above the knees, kick and do one arm full stroke, switch arms,
- glide on your back (arms next to the body), do one arm stroke, switch sides,
- leg kick and torso rotation,
- teaching the full technique: the arms execute alternating movements, while one arm sweeps underwater from an overhead position backward to the hips, the other arm recovers above water from the hips to the overhead position.

### FREESTYLE

- float, kick and do one arm stroke, first without breathing, then with breathing to the side
- make one arm stroke with left hand, then one with the right arm (one arm waits for the other)
- teaching the full technique: the body rolls from one side to the other, always turning to the side of the arm that is currently pulling in the water. The head remains in a neutral position, face down, except when breathing.
- Challenge exercise: combine swimming 5 strokes of freestyle without breathing then turn on the back, swim 5 strokes backstroke, change again to the front position

### BREASTROKE

- practice the leg kick next to the wall of the pool and while floating and holding a kickboard
- do leg kicks (with or without kickboard), include breathing, pay attention to proper timing
- practice next to the wall: coordinate breathing and arm stroke
- coordinate: leg kick, breathing, arm stroke
- swim freestyle legs and arms breaststroke, with or without breathing
- teaching the full technique: both arms move synchronously and execute half-circular movements underwater. The legs also move synchronously, execute a kick from hips and knees.

# DRY LAND EXERCISES

## Movement patterns

Shoulder area, functionality of the shoulder blade

- Retraction and protraction of the shoulder blades using standing rows, sitting rows
- Retraction and protraction of the shoulder blades in different positions using props (elastic band, Pilates ball)
- Engaging the back muscles (lattissimus dorsi) in pull downs, with body weight and props (elastic band)
- External and internal rotation using body weight and props (elastic band, small weights)
- Using movement in all directions to bring functionality to the shoulder area,
  - push up - rowing,
  - pull down - press up
- Complex rotations - body weight only

Foot position:

Inversion and eversion of the foot.

Pronation and supination of the foot

Pre-workout:

Posterior and anterior tilt of the pelvis - to bring awareness and functionality into the area.

Tilting of pelvis to the side.

Engaging the internal stabilising muscles while doing the movements.

## GUIDELINES FOR INSTRUCTORS

### BASIC MOVEMENT PATTERNS:

SQUAT

ROWING

PUSH UP

PRESS UP

PULL DOWN

PLANK (VARIATIONS)

CRUNCH (VARIATIONS)

## Mobility

Stretching and mobility exercises for the shoulder area, ankle and hamstring area

## Stability

- Plank (variations)
- Cross crunch
- Low belly leg reach
- Bridge
- Hip circles, lying down
- Ab cross crawl
- Diagonal lift on all fours

**Teaching how to engage the internal stabilising muscles while doing all kinds of movement.**

### Introducing mindful stretching:

notice the way your body feels while doing static stretches – hold the position, usually 15-30 seconds.

Active static stretch: the muscle being stretched does the work (example: cobra and downward dog).

Passive static stretch: we use gravity or a prop (a partner, strap or elastic band).

Example: stretching your hamstrings by bending over and touching your toes.

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# MINDFULNESS

## Basic mindfulness

When thoughts, feelings or sensations come up in your mind, you don't ignore them or suppress them, nor do you analyse or judge their content. You simply note any thoughts as they occur and observe them intentionally but non-judgmentally. If your mind wanders just note "wandering" or "thinking" and bring your mind back to general awareness of the here and now. Slowly you realise that most sensations, thoughts, and emotions fluctuate, or are transient - passing by like waves in the sea.

Techniques are a mixture of guided instruction and personal practice. It can be formal, meaning that a person withdraws from other activities to engage in the practice: sitting meditations, such as attending to breath, body sensations, moving meditations like walking, yoga stretches. Or informal: that can be practised in everyday life and activities - mindful eating, cleaning, reading, self-monitoring, three minute breathing space (Mace, 2007).

Examining thought, what does it mean to have a thought and observing it? It is normal to have a specific focus, it is normal for mind to wander. What to do when the mind wanders? Despite the mind wandering - if you return your focus, you are mindful.

## GUIDELINES FOR INSTRUCTORS

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### BODY SCAN EXERCISE

Focusing your attention to parts of your body, while noticing your thoughts and releasing them without judgement. Doing a mindfulness body scan can be like being in a scanning machine, just that we are doing it with our attention. Start with bringing the attention to your scalp, crown of the head. Can you feel any sensations? Then go over the ears, face, eyes, cheeks, jaw, lips, chin, neck. Go around the neck, feel the head resting on it. Feel the shoulders, top, back and front part of the shoulders. Follow your arms to the fingers. Explore the sensations in your arms. Explore the upper body: chest, abdomen, waist, hips. Follow the sensations on your back and feel your spine. Feel the weight on your bottom or where your body touches the surface. Go over the thighs, knees, calves, ankles and feet (up to toes).

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## BREATHING

Introducing breath as a point of observation. During the exercise you will focus on your breathing. As you are following the instructions your mind is likely to wander to other things. This is perfectly normal. When you notice that your mind has wandered, gently return it to your point of observation. Do this as many times as you need to. When you do this, you are being mindful. You are controlling your mind and not the opposite.

Observing the three areas of breath: nose, chest, belly. Notice the thoughts when they arise.

3 min observe the air in the nose area,  
3 min observe the air in the chest area,  
3 min observe the air in the belly area,