



LEARN TO SWIM

A: Learn-to-swim participants should focus on developing essential skills and building water confidence. Here are some important aspects for them to focus on:

1. Water Comfort:

Building comfort in the water is a key priority for learn-to-swim participants. They should work on overcoming any fear or anxiety associated with being in the water and develop a sense of trust in their abilities.

2. Water Safety Skills:

Learn-to-swim participants should focus on acquiring basic water safety skills. This includes learning to float on their back, tread water, and understand how to safely enter and exit the water.

3. Basic Swim Skills:

Participants should start by learning basic swim skills, such as kicking, arm movements, and breath control. These skills serve as the foundation for learning different swimming strokes.

4. Breath Control and Submersion:

Learning to hold their breath and submerge their face in the water is essential for participants to develop confidence and be comfortable with water entering their nose and mouth.

5. Floating and Buoyancy:

Participants should practice floating on their front and back. Learning to achieve a relaxed and balanced float helps with body position and stability in the water.

6. Kick Development:

Developing a strong and coordinated kicking technique is crucial. Participants should focus on learning proper leg movements, ankle flexibility, and generating propulsion through the kick.

7. Introduction to Swimming Strokes:

Participants can begin to explore different swimming strokes, such as freestyle and backstroke, at a basic level. Emphasis should be placed on proper body alignment, arm movements, and breathing techniques.

8. Water Confidence Games and Activities:

Incorporating fun games and activities into lessons helps participants feel engaged, motivated, and comfortable in the water.

These activities can include retrieving objects, playing with flotation devices, or participating in group games.

9. Progressive Skill Building:

Participants should progress gradually from simpler skills to more advanced ones. The lessons should be designed to build upon previously learned skills, ensuring a progressive and structured approach to learning.

10. Positive Reinforcement and Encouragement:

Providing positive reinforcement and encouragement throughout the learning process is important for building confidence and motivation in learn-to-swim participants. Praise and acknowledge their progress, effort, and achievements.

Remember, the primary focus for learn-to-swim participants is to develop water confidence, basic skills, and a love for swimming. Lessons should be conducted in a safe and supportive environment, with instructors who understand the unique needs of beginners and provide appropriate guidance and support.