



Teaching brochure for parents

Selfmade swimming course

Foreword

The only effective prevention in the fight against drowning death is safe swimming.

We encounter water in many areas of life, on vacation at the beach, in recreational pools, in rivers, and so on. Only with good swimming skills can you be safe in and around water. Thus, water offers swimmers: inside a healthy and low-injury sport. In addition, many exciting sports such as water skiing and surfing can be done at the water. Learning to swim is thus a foundation for fun and excitement on the water.

Therefore, we as Wasserwacht are committed to helping children learn how to swim. For this purpose, we have created this brochure. It is a support for all those who want to teach a child to swim or prepare the child for a planned swimming course with targeted exercises.

The carpet pad serves as an aid for practicing and the first swimming movements. In addition, we recommend participation in a swimming course to deepen the acquired knowledge.

For great learning outcomes, we work with a combination of theory and practice

exercises. Our explanations show how to get children used to the water, teach swimming movements and provide safety in and around the water.

The right time to work with this brochure is flexible. You can start familiarizing children with water at a very early age. Children learn to actually swim best from the age of 5 or 6. At this age, they have developed sufficient coordination skills for swimming.

If you have further questions about learning to swim, your regional water rescue or any other swimming and water rescue organization will certainly be happy to help.

We wish you a lot of fun!

*Wasserwacht
Thannhausen*



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Gedruckte Hefte mit Schwimmpass und Stickerbogen gibt es unter:
www.selfmade-schwimmkurs.de

Safety instructions

1. Always keep an eye on your child near and in bodies of water and never leave him or her alone.
2. Always perform swimming exercises together with your child.
3. Always be aware of your own limits when practicing with your child. Do not go into deep waters with your child if you do not feel safe yourself. Only stay in the water with your child as long as your own strength is sufficient.
4. Familiarize yourself with the practice water before practicing in it with your child. If you suspect danger in the water, do not use it for the exercises.
5. Even if your child can swim the first meters and has completed the Seahorse, for example, your child is not yet safe to swim. Continue to always pay attention to your child and do not leave him/her alone.
6. Your child will only gain the necessary safety through a lot of practice. As parents, you can either take your child to the pool on a regular basis, or you can give your child an advanced course at the water rescue service (or at the DLRG, a swimming club, or a vacation provider). Many providers also tackle backstroke in this course.
7. Familiarize yourself with the rules of swimming. This will help you learn even more about the dangers around the water and sensitize your child to them.
8. Buoyancy aids such as swim boards, floatation noodles, floatation belts, or water wings do not provide adequate protection from drowning.
9. This pad is intended solely as a suggestion for the exercises. Therefore, Wasserwacht assumes no liability for accidents during the swimming exercises.



Tips from swimming teachers

1. Participate actively in the exercises/ games. Demonstration is also part of this. It doesn't make sense if you want to help your child become accustomed to water and you yourself have the goal of not getting your hair wet.
2. Try out the exercises yourself beforehand, then you will be able to better assess what is in store for your child.
3. Give free rein to your own creativity with all the exercises. Combine and repeat the exercises again and again depending on your learning progress.
4. Provide variety: there is a difference between dipping up the blue clothespin and saving it, and doing the same with the green clothespin, which is particularly difficult to save.
5. Make up great stories to go with the exercises - the whole thing has to be fun for the child first and foremost.
6. It is also allowed, even desired, that the child may also splash you wet, dive you and romp through the water together with you.
7. An exercise that doesn't work today may not be a problem next time - but the same thing happens in the other direction.
8. Be patient, here too: No master has yet fallen from the sky!



Resources

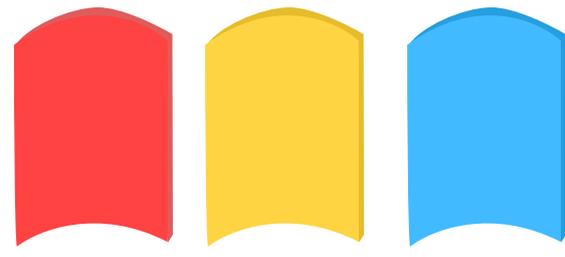
Swimming noodles

Swim noodles are a versatile aid and provide security when getting used to water. They are suitable as a support for practicing movements and give confidence for the first jumps into the water. They can also be used for balancing in the water.



Swimming boards

Swimming boards are mainly suitable for gliding, because they slow down the propulsion less than swimming noodles. For advanced swimmers, they are of course also suitable for practicing leg movements. Boards can also be used for games in familiarization with the water.



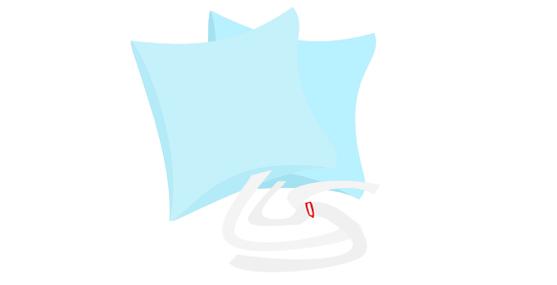
Diving rings

Diving rings in different colors are good tools to learn how to dive.



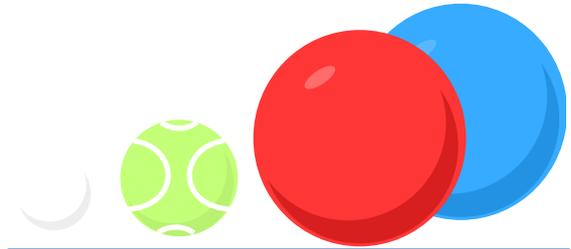
Floating cushion

Swim cushions are good to help the coordination of arm and leg movement. Attached to the chest or abdomen, they put the child in the right position and do not hinder the movements.



Balls

Different types of balls can be used when learning to swim. Table tennis balls, for example, are great for blowing through the water. Gym balls and the like are hard to submerge, are great for slipping through the legs, and splash when they come up in front of you. They can be thrown or pushed standing up or floating.



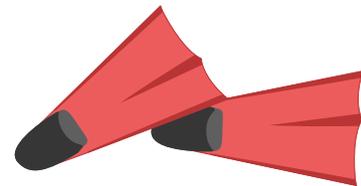
Swimming goggles

Swimming goggles can help sensitive children when submerged. However, a splash of water on the face should not cause panic later. That's why we recommend leaving them off. Swimming goggles should not be worn when jumping into the water or diving deeper than waist deep.



Fins

Fins can be used for diving. Thus, the practice can be loosened up. However, they are rather something for more experienced swimmers:inside.



Everyday objects

Various everyday objects can be used for practice. Watering cans, rain showers and sponges, for example, are excellent for getting used to water.

For diving are also suitable all things that sink. These should not be fragile and do not dissolve in chlorinated water.



Familiarization with water



1

With a comprehensive targeted water familiarization, the foundation is laid for learning to swim. In the process, children learn about the properties of water and lose their fears of water.

This includes frolicking in the water, diving, floating, gliding and jumping.

Once your child has learned all these lessons, swimming will become much easier to learn.

- 
1. water properties
 2. diving
 3. hover
 4. glide
 5. jumping

Water properties

Why?

For learning to swim, it is first important that children get to know and understand the properties of water. In this way, they can better assess the behavior of water in later exercises.

The goal

Actively experience the following water properties and learn about them consciously or unconsciously:

Buoyancy | Density | Temperature | Wetness | Resistance



Exercises

Washing

Let your child wash himself by pouring water over his head, face, and entire body in a variety of ways. This will allow your child to get used to the wetness, temperature and feel of water on their skin. This can also be done at home at the sink, in the bathtub, shower or similar.

Ideas:

- Give your child a watering can with a rain attachment that they can use to shower themselves.
- Your child can squeeze a sponge on his head or pour water over his head and body with a cup.
- Shower your child and have them sing songs into the stream of water.
- Show your child how to wash with hands formed into a bowl.
- Have a sponge fight with your child or splash each other with a soft-set garden hose.





Running & Jumping

Run and jump through the water with your child in different ways (e.g., stork walk, frog jumps). Change the direction and the speed. In this way, your child can gain experience with the density and resistance of water.

Ideas:

- *Play catch with your child.*
- *Run quickly in circles, creating a current that must be fought after a change of direction.*



Change of position

This exercise involves switching very quickly between different positions (standing, kneeling, sitting) in the water. In the process, your child can learn more about buoyancy, density and resistance of water.



Syringes

Splashing water can help your child get used to the wetness and temperature. By splashing water on his face and body, anxiety can be prevented.

Ideas:

- *Have your child tap the water with fists and flat hands.*
- *Have a water fight with your child.*

Diving

Why?

A basic requirement for safety in the water and for swimming is diving. When swimming, the head can come under water and your child should be able to handle this. Diving provides children with safety and helps train reflexes for breath holding.

The goals

- Completely submerge the head
- Open your eyes under water
- Diving an object up from shoulder deep water



Exercises

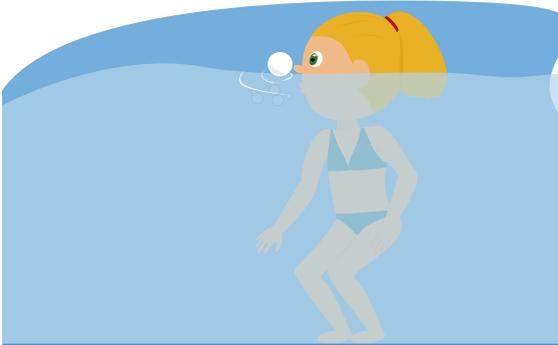
Bubbling

This exercise involves holding the face to the surface of the water and blowing into it until a bubbling sound is heard. This way you can practice breathing with your child against the resistance of the water. It also helps your child learn that it's not bad to have water on your face and mouth and nose.



Ideas:

- *To begin, a ping pong ball or similar object can be blown across the surface of the water.*
- *Words are alternately bubbled into the water and guessed what was said.*
- *When your child is ready, they can blow into the water with their nose instead of their mouth.*
- *Very brave can submerge the whole head and play word guessing under water.*



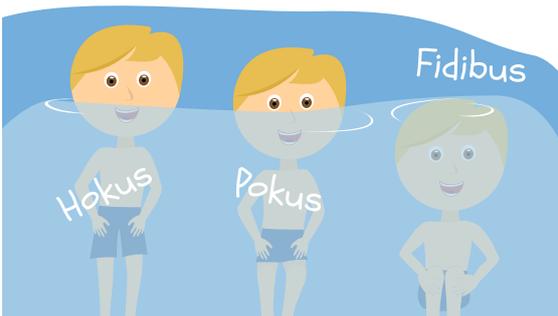
Push

When pushing, floating objects (e.g. a ping-pong ball) are pushed across the water with the face. The objects are first pushed with the nose and later with the forehead. In this way, the nose and mouth are gradually submerged.



Look closely in the mirror

This involves looking very closely at one's own face in the water surface. In order to see all the details, the face is moved closer and closer to the water surface. First the nose and then gradually the entire face touches the water until the reflection disappears.



Magic

In this exercise, piece by piece, with the help of a magic spell, the whole head is conjured under water.

1. "Hocus" - mouth away
2. "Pocus" - nose off
3. "Fidibus" - nothing more there

Play header

When playing header, the child dives under a swimming board and catapults the board up with his or her head when surfacing.



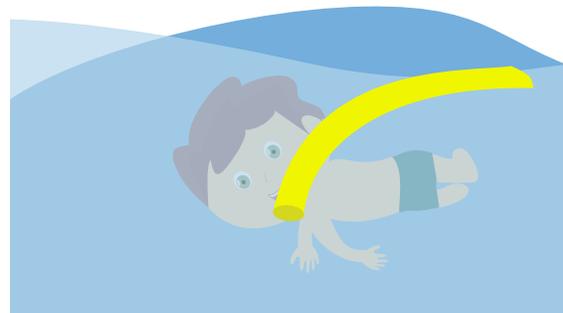
Hide and seek

Catch is played in shallow water. The rule is that you can not be caught if the whole head is under water.



Obstacle diving

For this exercise you need a floating object, such as a noodle, a swimming board or a long arm. The goal is to dive under the object to the other side.



Submarine launch

To launch the submarine, you first hop on the spot, then count to three, and when you reach the number three, you jump as high in the air as you can and then dive down.





Raise object

Non-floating objects such as diving rings, stones or similar are surfaced from the bottom. This is done first from water at belly depth, then at chest and shoulder depth.

Idea:

- *Selects different colored objects (clothespins) and selectively pops one of the objects. To do this, you need to open your eyes to see the correct color.*



Tunnel diving

The child dives through a ring or through the legs of another person. Several children can also line up behind each other and the rearmost child always dives through the legs of the children in front.

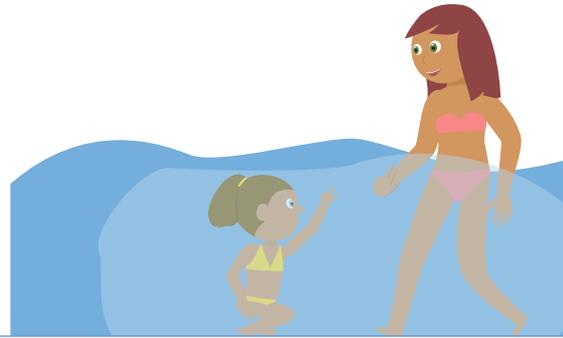


Treasure Diving

For this you need a treasure chest (e.g. laundry basket, bucket) and treasures (non-floating objects such as plastic animals, rings, ...). The treasure chest is placed in one place and the treasures are sunk in the water in another place. The task now is to surface as many treasures as possible and bring them to the treasure chest.

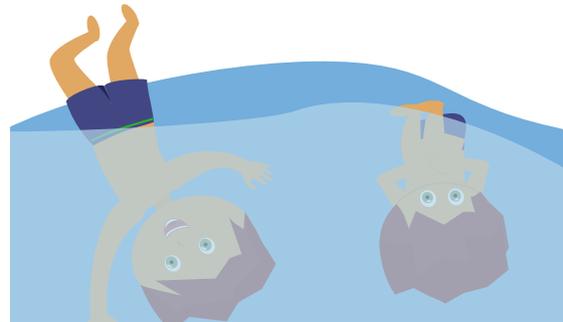
Number vision

Number seeing is about actively opening your eyes underwater. To do this, show numbers underwater with your fingers. Your child looks underwater to see which number is shown and, after surfacing, shows the number with his or her own fingers.



Diving acrobatics

Diving acrobats can make quite a lot of different art figures. The main thing is that they look cool. For example, somersaults forward and backward, handstands, standing figures and much more.



Notes

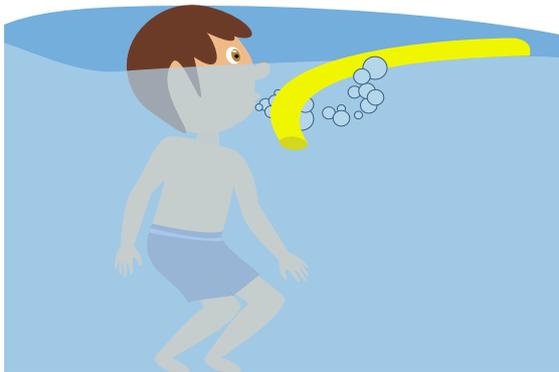
Always pay attention to your child and his or her needs during the exercises. Adjust the speed at which you perform the exercises to your child's abilities and needs.

Feel free to incorporate modifications and ideas that your child suggests into the exercises.

If your child is afraid to do an exercise, try

to understand where this fear comes from. Then slowly and playfully try to solve this fear. It can help to hold your child's hand. The handshake is a good indicator of the level of anxiety felt at that moment.

Breathing exercises for diving



Master Puster

In this exercise you can practice with your child to exhale completely under water. To do this, you will need a narrow object (e.g. a swimming noodle, stick, etc.) that you hold in front of your child on the surface of the water. Your child now tries to blow out the air under water so forcefully with puckered lips that air bubbles appear on the other side of the object.



Blow holes

Here you try to blow holes in the water surface together with your child. For this, the lips are sharpened and blown as hard as possible on the water surface.



Breathing rhythmically

To practice rhythmic breathing, set a rhythm of first inhaling above water and then exhaling under water. The rhythm should be either 1:1, or 1:3 with one part inhalation and three parts exhalation.

- In | Out at-men
- 1 | 1-2-3 (also possible as character, or knocking signal)

Hover

Why?

As a basis for actual locomotion in the water, for a good water position it must first be experienced that the human body floats in the water after inhalation.

If your child has a good position in the water, he or she will be able to move faster and more easily later on.

The goals

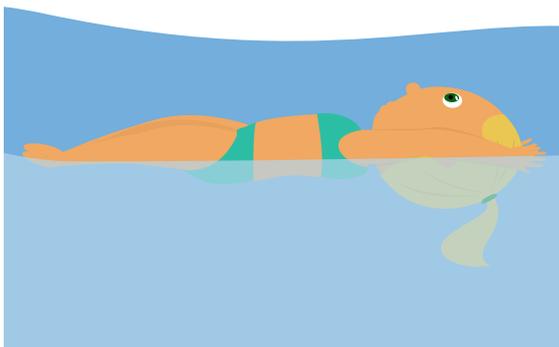
- free floating in supine position
- free floating in prone position



Exercises

Back hover

This exercise is about learning how to float on the water in the supine position. The whole body should lie straight on the water (legs stretched out and ears in the water). For this purpose, help can be used at first, until the child learns to float on the water all by himself.



Ideas:

- *Shake hands with your child so that he or she first has an anchor to hold on to. In doing so, you will also feel how secure your child feels in the situation.*
- *You can also give your child stability by gently holding his or her head.*
- *In groups, the back float can be learned by several people forming a bound circle. Every second person lies down on his or her back. The others give support to those floating.*
- *To get your child used to moving in the water, you can also pull him through the water on his back. Curves are particularly fun. Additional pedaling can also be done.*



Play seahorse

To play seahorse, you sit on the middle of a swimming noodle. Then you move forward with the noodle. This can be experienced how to move in the water.



Noodle acrobatics

Floating noodles can be used well as gymnastic poles. You can balance on them (with your hands and feet), lie on them and hang from them. Optionally, other swimming utensils such as boards and floating hoops can also be used as acrobatics accessories.

Towing service

As a tow, pull your child through the water on your stomach. To do this, you can either hold your child's hands directly, or pull him or her through the water with a swimming board, noodles or other tools.

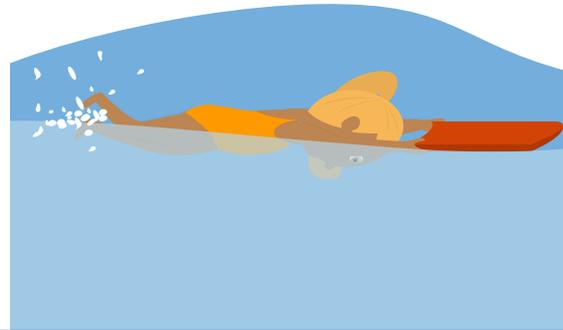


Ideas:

- *Start first with the head above water and then let your child put the face into the water. Only with the face in the water and a completely straight posture can your child later learn to float independently.*
- *Curves make towing particularly exciting.*
- *Your child can support you by kicking to start the auxiliary motor.*

Motorboat ride

Your child can experience prone positioning and locomotion in the water by motorboating themselves. To do this, give your child a swimming board, a swimming noodle or something similar. He or she holds this object by the outstretched hands and lies on his or her stomach in the water like a board. He then paddles with his legs and moves forward in this way.



Floating in prone position

Step 1: with assistance

In order to learn to float freely in the prone position, it is advisable to work with aids at first, especially with anxious children. The edge of the pool, a footbridge, a swimming board or your hands can serve as aids.

When practicing floating in the prone position, your child holds on to the aid, stretches out the entire body completely and puts the face into the water.

If you hold your child by the hands, you can also pull him through the water.

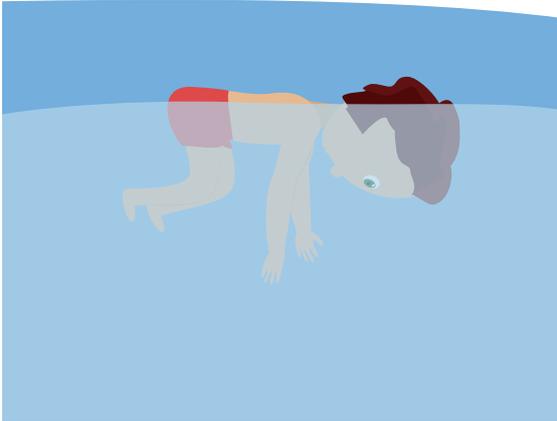
Step 2: slowly release

If the child floats safely in the water with assistance, you can gradually try to let go of the aid.

To do this, your child can first start tapping his fingers. Then one hand can be lifted alternately. This is followed by the step of lifting both hands at the same time just above the aid.

Finally, you can practice floating completely without aids in standing-deep water. You should always serve as an aid in this process, if necessary.





Jellyfish

The jellyfish is an exercise for learning to float freely in the prone position. To do this, the child first breathes in well and then dives under. Then it assumes a jellyfish-shaped position. The arms and legs hang loosely down. In this relaxed position, the child then floats to the surface of the water.



Starfish

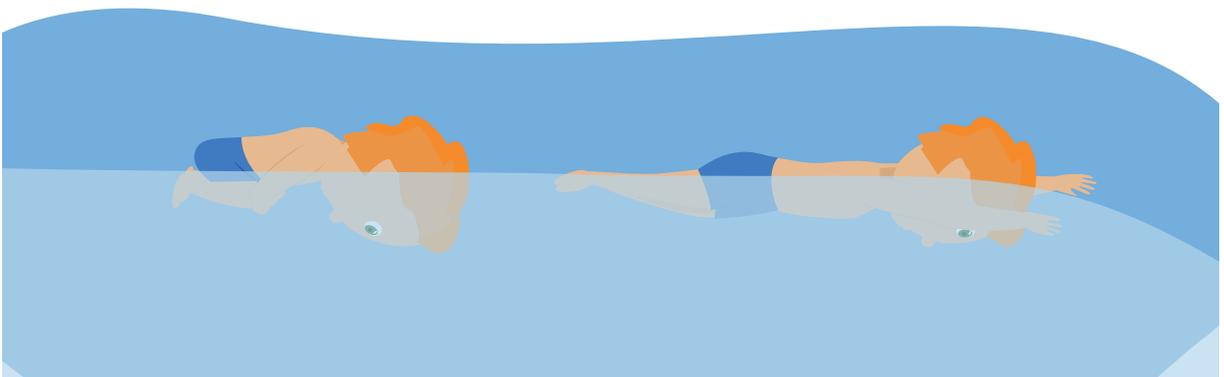
In starfish, your child stretches his legs and arms from himself and tries to remain in this position.

You can try to switch between jellyfish and starfish.

Squat tracks

To gain confidence in floating in the prone position, you can practice alternating between the squatting and stretching positions.

When squatting, the legs and arms are tightened, and when stretching, the body is then completely stretched.



Glide

Why?

Gaining the ability to glide is an essential foundation for learning to swim. This involves practicing maintaining a good water position even when moving forward in the water.

The goals

- Push off and slide in prone position



Übungen

Shunting

When maneuvering, your child lies down in the water in a prone position and tenses the entire body. Then take your child's feet in your hands and use them to push him or her through the water.



Gliding from the squat

When gliding from a squat position, you first get into a squat position. Then, from this position, you push off the ground, tense your entire body and glide across the surface of the water in a prone position.

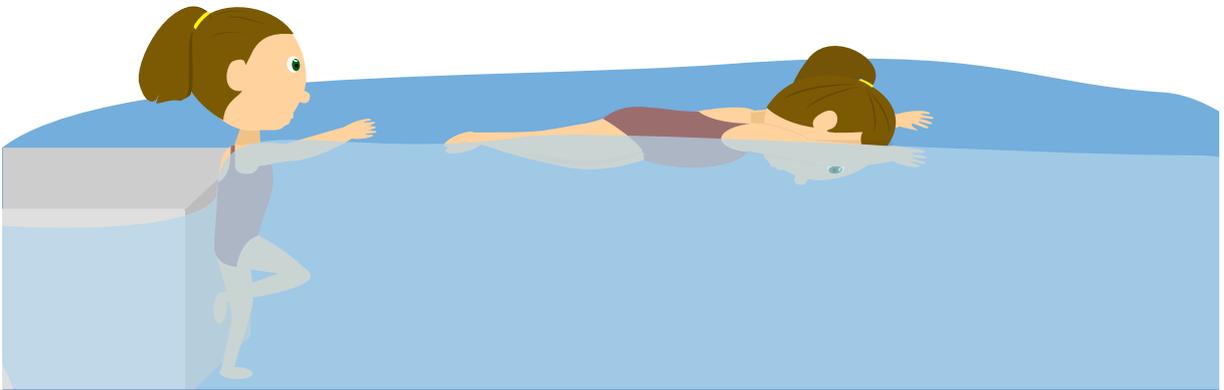


Pike shooting

For pike shooting, first stand near the wall of the pool. Then place one foot against the wall and push off from the wall with this foot. After pushing off, the body is fully stretched and the hands are placed together in an arrow shape. In this position you glide on the water surface as long as possible.

Ideas:

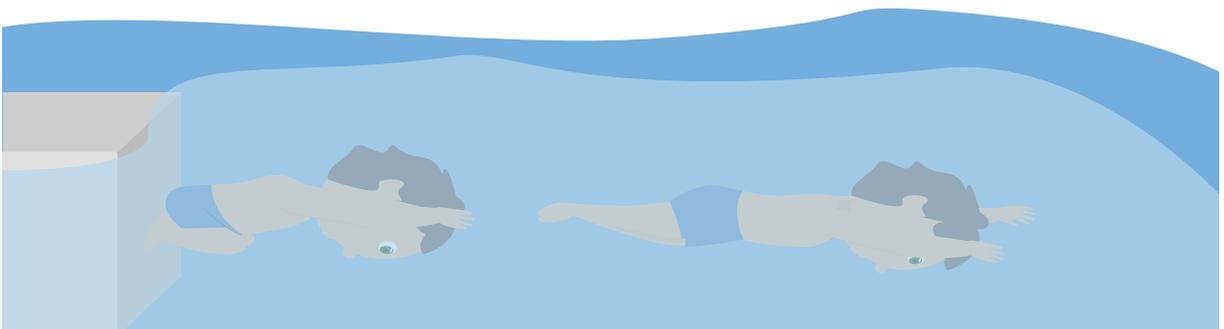
- You can use a hoop, float noodle, board, or similar to help define a target for your child to glide to.
- You can also have a competition to see who can glide further.
- If prone pike shooting works, try sliding on your back once in a while.



Dive glide

After your child has learned "pike shooting," he can further develop his skills by practicing gliding underwater as well. To do this, he or she stands near the wall of the pool, dives under and then pushes

off with both legs underwater. This also involves stretching completely and then gliding underwater as far as possible.



Jumping

Why?

Jumping into the water is directly linked to swimming and provides your child with additional safety in and around the water. Plus, jumping can also be really fun.

The goals

- Jump into the water from the edge of the pool without help



Übungen

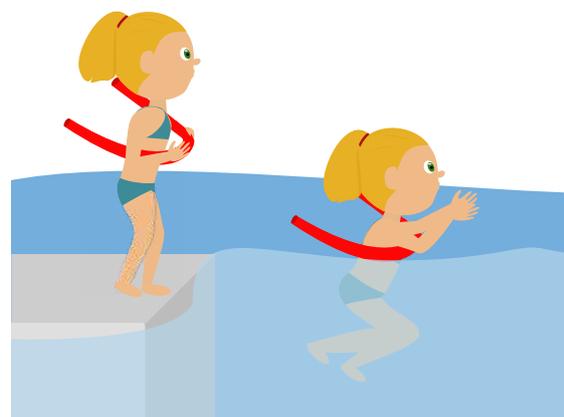
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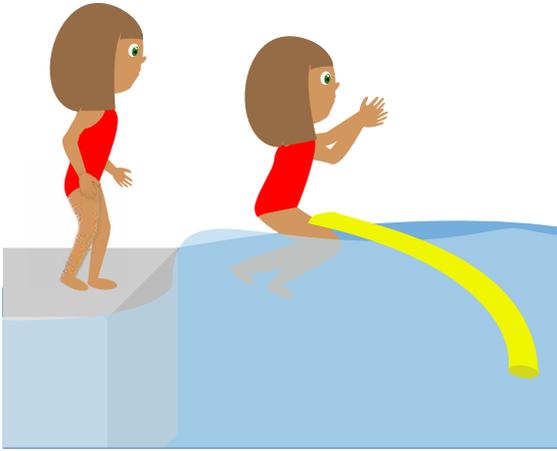
For the first attempts to jump into the water, your child can first slide into the water from the edge of the pool while sitting. If your child is anxious, you can provide additional support by holding out a hand or an aid.



Jumps with aids

For the first real jumps, your child can hold an aid and jump into the water with it. This can be, for example, swimming noodles, swimming boards or similar. You can also give your child your hand to jump from the water.





Jumps to a tool

The next step is for your child to jump into the water on a tool. This can be a floating noodle, for example. But you can also provide security by allowing your child to hold on to you after the jump. When doing this, make sure that your child does not jump directly onto you, as this can lead to injury. When jumping, you can first start from a squat position and then from a standing position.



Free jumps

When your child feels confident enough, he or she can jump freely into the water. The jumping can be varied to make the exercise fun. Be creative.

Idea:

Jumping with run-up, turn jumps, jumps with high splash, long jumps in hoops, head jumps, candle, starfish,...

Note

Pay attention to the water depth for all jumping exercises! This must be chest/shoulder deep. Head dives are only allowed from a depth of 1.50 m!

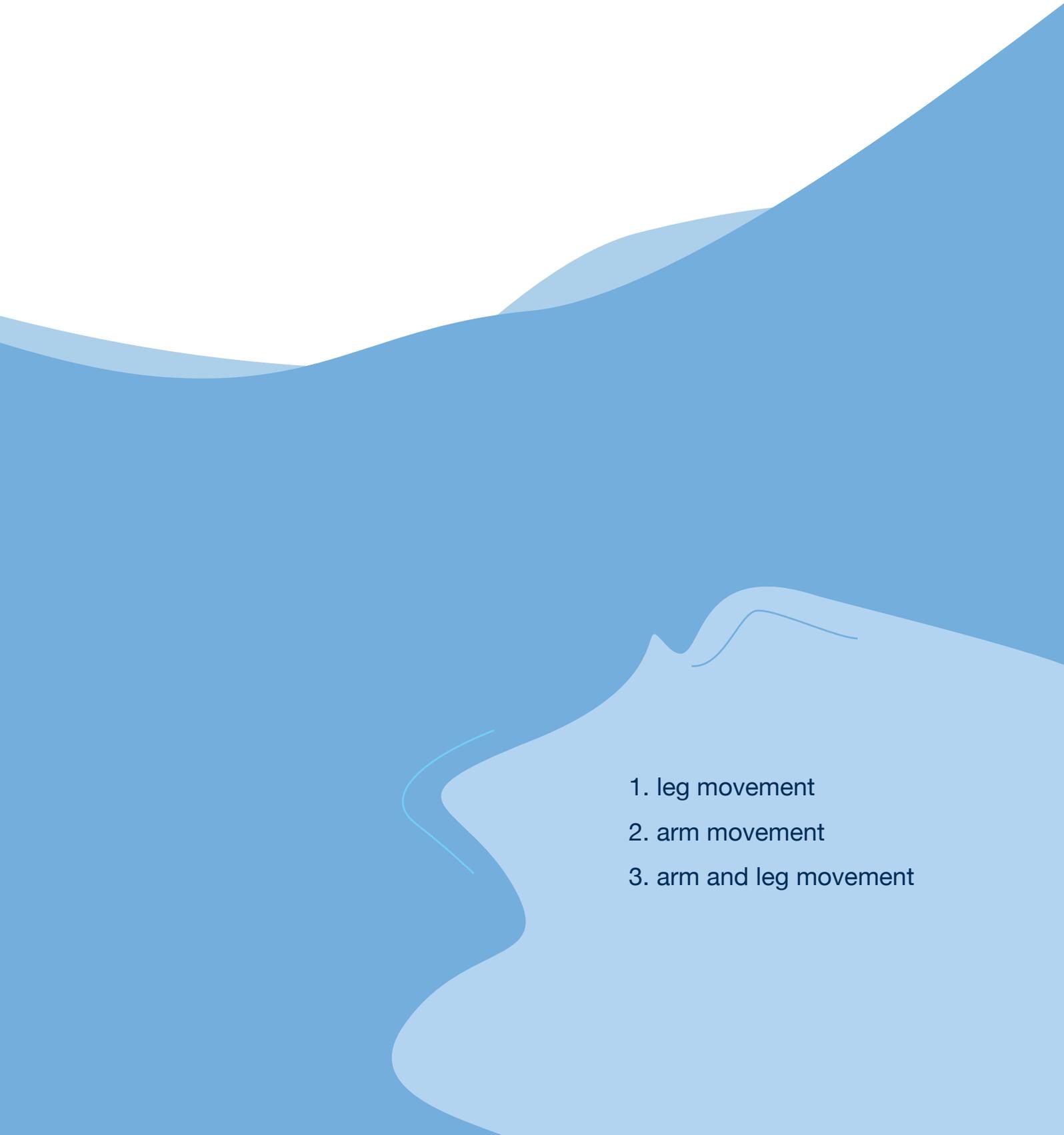
Also, always have your child in sight and be ready to support them. Make sure your child is safe at all times after the jump.

Swimming movements



Knowing how to swim is the key to safety in the water.

Once your child has learned to move and coordinate arms and legs properly, he or she can begin swimming.

- 
1. leg movement
 2. arm movement
 3. arm and leg movement

Leg movement

Why?

For newcomers to swimming, the main propulsion initially comes from the leg movement. In this way, the children experience the propulsion they generate themselves. Propulsion also creates buoyancy. The leg movement immediately gives the children security and independence in the water.

The goals

- Mastering the leg movement while sitting on land
- Leg movement in prone position in water
- Locomotion with the leg movement with a swimming aid over at least 10m



10 Meter

The leg movement

Sliding phase:

The legs are fully extended.

Step 1 - Tighten:

The heels are drawn closed to the buttocks.

Step 2 - Turn out the feet:

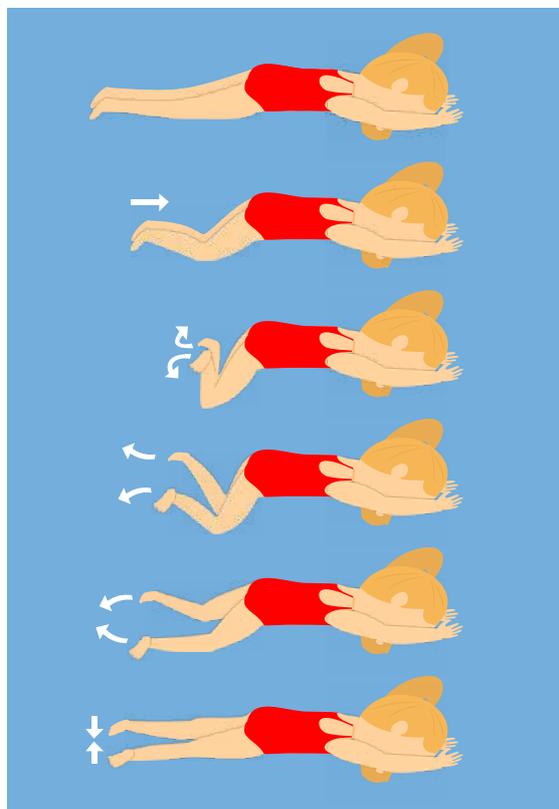
The feet are turned out.

Step 3 - Disassemble:

The legs are extended backwards and outwards, creating a stretched straddle.

Step 4 - Close:

Finally, the legs are closed again and fully extended so that the glide phase begins. This is followed by the next leg stroke.



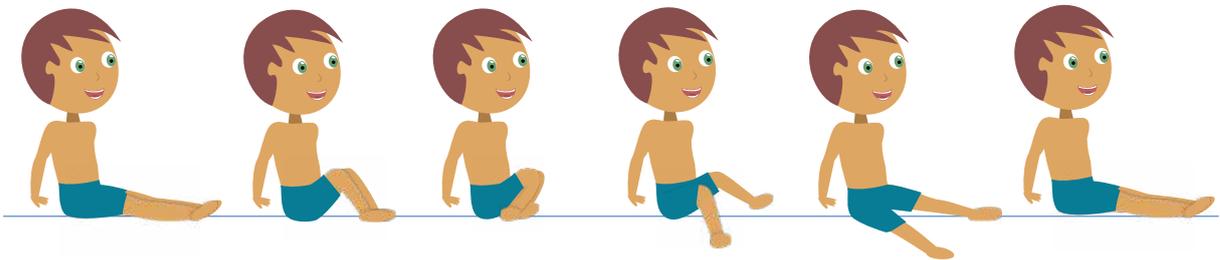
Exercises

Leg movement in sitting position

Your child sits on the floor and stretches his legs out in front of him. The ankles touch each other. It now pulls the heels to the buttocks. The knees now point upward and should not be drawn too close to the abdomen. The soles of the feet are still on the floor and the feet continue to touch. Now it stretches out its legs and straddles them at the same time. The legs are now stretched out and lying on the floor like a V. Finally, the legs are stretched and closed again. Now the movement starts again from the beginning.

Ideas:

- *You don't need a swimming pool to practice the leg movement. Practice the leg movement regularly with your child, for example, always before going to bed.*
- *If the movement is mastered while sitting in the dry, it is also possible to practice sitting at the edge of the pool.*
- *Speaking along with the exercise consolidates the sequence and rhythm. Say: "Tighten - apart - together".*



Leg movement while lying on the edge of the pool

Your child lies with his stomach on the edge of the pool so that his legs and hips protrude into the water. Now the learned leg movement is performed. The edge of the pool prevents the thighs from being pulled too far. Attention: The entire leg movement is performed under water. It is important that the legs are completely stretched and closed to create propulsion later.

Ideas:

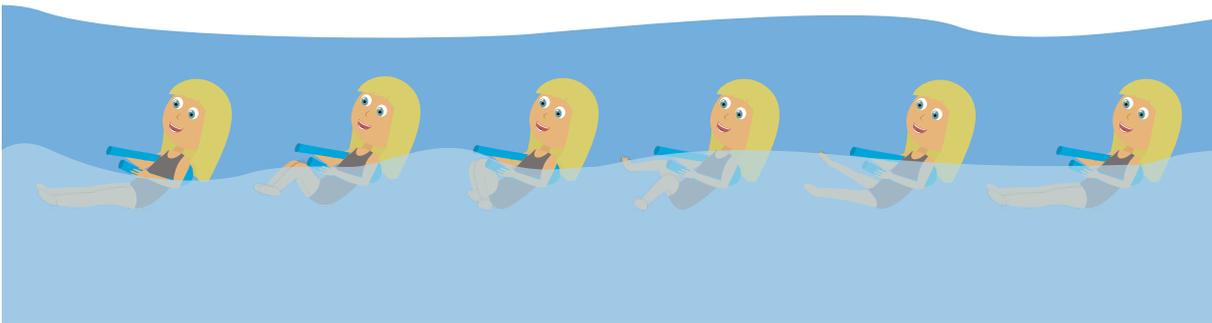
- *Grab your child's feet and perform the leg movement together.*
- *If the exercise works lying on the edge of the pool, the next step is to perform the movement in the water with a grip on the edge of the pool.*
- *If no pool edge is within reach for practice, take your child's hands or hold their belly and let them practice the leg movement that way.*

Leg movement in supine position

Your child lies down on the left side of a swimming noodle. The swimming noodle is held with the hands and guided behind the back under the armpits like the back of a chair. Now the leg movement is performed. The movement can be observed while sitting, so it is often easier than in the prone position. There should be a clear propulsion due to the legs striking together. It is important that the heels are pulled towards the buttocks and not the knees towards the abdomen.

Ideas:

- *If no swimming noodle is available for practice: Stand behind your child. To practice, he or she now rests his or her shoulders on your hands.*
- *If the transition to the next exercise in prone position is difficult, the exercise can be used to slowly approach the prone position by first performing the leg movement towards the floor and then slowly transitioning from the upright position to prone. The swimming noodle can be held behind the back the whole time.*



Notes

When moving the legs, make sure your child pulls the heels toward the buttocks and not the knees toward the abdomen.

Practice the leg movement with your child as often as possible, even in dry conditions. For example, before going to bed on your stomach at the edge of the bed. If the exercise is repeated often, your child's

muscle memory can memorize the movement. Once this happens, your child will have to think less about the exercise later when practicing in the water. To ensure that the movement is properly memorized, you can also grab and guide your child's feet in the dry.

Leg movement in prone position

The swimming noodle lies under the armpits. Your child lies on the swimming noodle on the left side of the abdomen. The hands grip the swimming noodle. For better balance, it is advisable not to place the swimming noodle directly against the chest, but to form a U with the swimming noodle in front of the body. Now the leg movement is performed. Your child will now feel the propulsion generated.

Ideas:

- *The leg movement can also be practiced with a swimming board. Alternatively, the leg movement can be practiced by grasping your child's hands. The child's arms should be outstretched when doing this. Walk backwards in front of your child.*
- *If the hip drops too much during swimming, you can support your child at first by supporting the hip with your hand.*



Leg movement from the glide

Your child pushes off vigorously from the edge of the pool with his feet and then lies straight in the water as if shooting a pike. A swimming board can be held in the outstretched arms as an aid. Following the glide phase, two leg movements are performed.

Idea:

- *Without aids, the exercise can be performed as follows. Stand at a distance of about 2m from the edge of the pool. Let your child glide towards you. Grasp the child's hands. Your child now performs leg movements without putting his legs on the ground.*



Arm movement

Why?

To complete the swimming movement, the leg movement is now supplemented by the arm movement. Initially, the arm movement is practiced in isolation to facilitate learning.

The goals

- Arm movement in sitting position
- Arm movement in prone position in water



Sliding phase:

The arms are fully extended and the hands are arrow-shaped together.

Step 1 - Fold & pull hands:

□□The palms are folded outward and stretched apart.

Step 2 - To the chest:

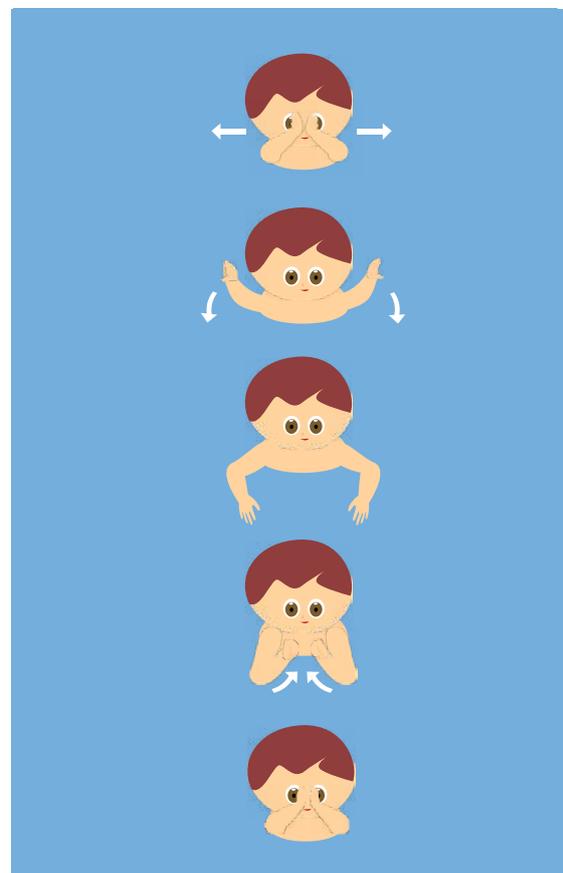
When the arms have reached a Y position, the palms are pulled forcefully back and down.

Step 3 - Elbow:

The elbows are pressed inwards.

Step 4 - Close:

Now the arms are closed again and fully stretched, which begins the sliding phase. Thus, the arm pull begins again from the beginning.



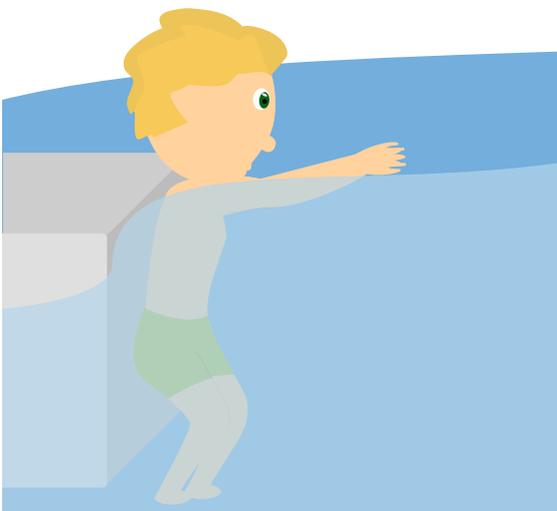
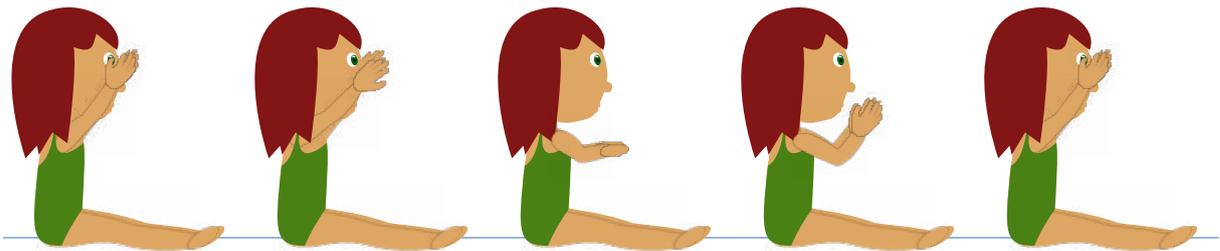
Exercises

Arm movement in dry

The arms start stretched forward and the palms touch ("stretch"). The palms are now folded outward ("fold"). Hands and arms are stretched and pulled apart until the body and the stretched arms form a Y. The arms are not pulled further than the shoulder. Under no circumstances are the arms pulled back further than the shoulder axis. The hands now sweep inward ("to the chest"), then the elbows are pushed inward and the arms are stretched forward again.

Ideas:

- *Together with your child, say the movements with. "Stretch - fold - pull - to the chest".*
- *Confidence in the sequence comes from many repetitions. Like the leg movement, the arm movement can be practiced over and over again at home and in the dry.*



First arm movement in the water

In shoulder-deep water, the arm movement is performed while running. The shoulders should be covered by water. This is the first time the child notices the propulsion it can generate through the arm movement.

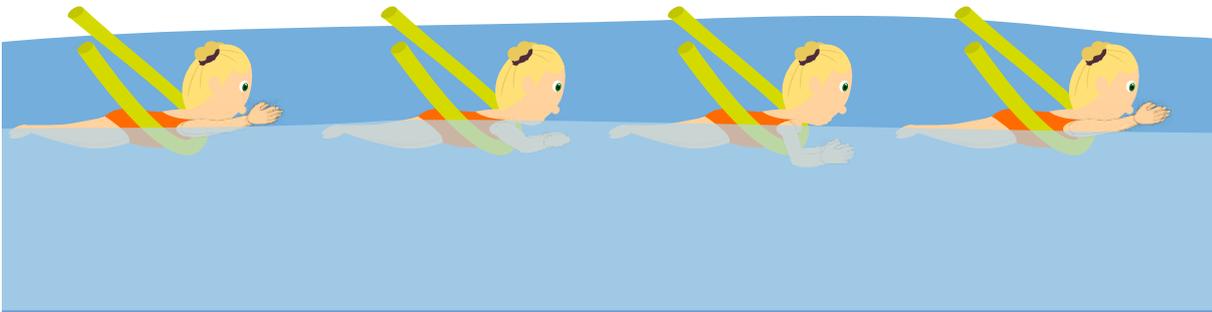
The arm movement can also be practiced first at the edge of the pool. Your child leans against the pool wall in chest-deep water so that the back is against the wall and the shoulders are covered with water.

Arm movements while lying down with assistive device

Your child lies on its stomach on the left side, for example on a swimming noodle or carries a swimming cushion. The legs remain stretched backwards. Short chest arm pulls are performed with the arms. You should be able to observe a propulsion through the chest arm pull.

Idea:

- *If no swimming noodle is available, you can also practice on the stretched arm of the parent. Stretch out your arm and your child lies down with his chest on the stretched arm. Stay to the side, otherwise your child will not have enough room for the arm movement. Alternatively, you can grasp your child's hands around the waist from behind.*



Sea horse ride

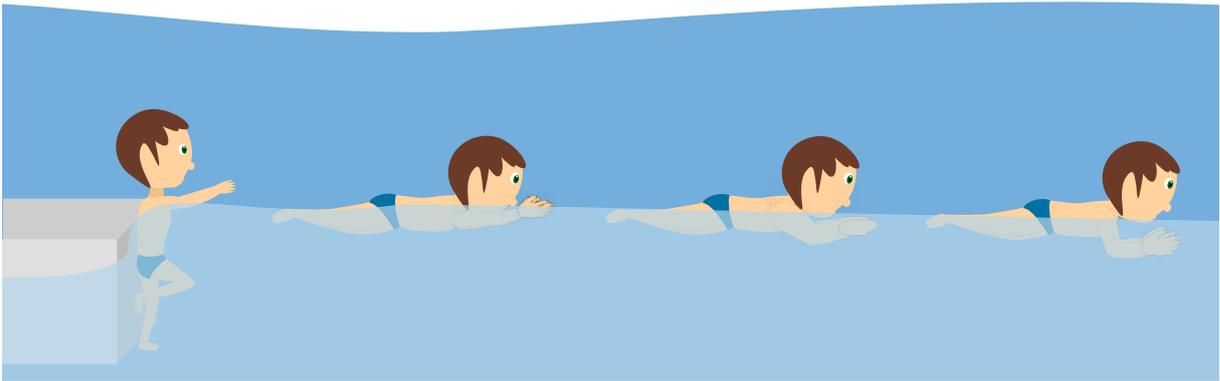
Your child sits on the swimming noodle like on a horse and holds the swimming noodle with the thighs. Then arm movements are performed. Be sure to stay close to your child during this exercise. Many swim students find it difficult to keep their balance on the swimming noodle.



Arm movement from the glide

The child pushes off vigorously from the edge of the pool with the feet and then lies straight in the water as if shooting a

pike, with the head between the upper arms. Before the feet touch the bottom, an arm pull is performed.



Notes

When moving the arms, make sure that they are fully extended.

In addition, your child's fingers should not be too spread when swimming, but should be kept loose and rather closed.

In addition, for successful forward propulsion, the arms must always be completely under water. When stretching the arms, the hands should break up the water and not push it in front of them.

When moving, it is important that the hands are pulled only to shoulder level and not to the legs.

If you practice arm movement with a swimming noodle as an aid, you should make sure that your child does not get chafing under the arms. We suggest regularly switching between different aids or using swimming pads.

Arm and leg movement

Why?

For the complete swimming movement, arm movement and leg movement are now combined. Once your child has learned this movement sequence, he or she knows the basics of swimming.

The goals

- 5 m swimming
- 10 m swimming
- Seahorse (jumping from the edge of the pool, swimming 25 m, surfacing an object from shoulder-deep water)



5 Meter



10 Meter



Combination arm and leg movement

Sliding phase:

Arms and legs are fully extended and the swimmer: in glides.

Step 1 - Start arm movement:

The hands are folded outward and stretched apart. The legs remain stretched.

Step 2 - Start leg movement:

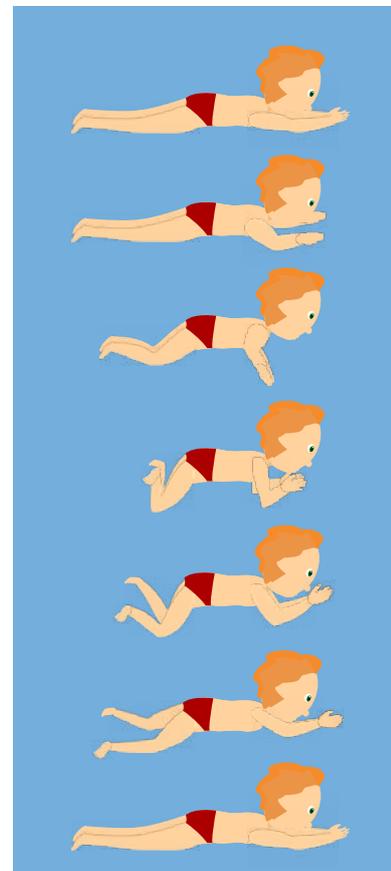
When the arms are pulled to the chest, the head rises slightly out of the water and inhale. Then the leg movement starts.

Step 3 - Stretch arms close legs:

While the arms move forward again to the starting position, the legs are actively stretched and closed. At the same time exhale.

Step 4 - Stretch:

Finally, stretch back into the glide phase.



Exercises

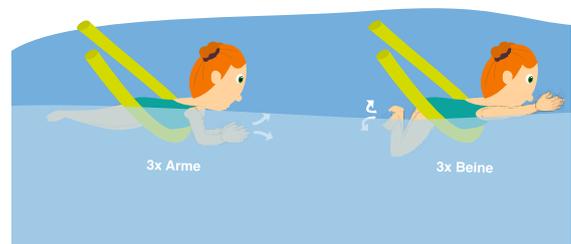


Swimming with aids

Your child can first practice the coordination of arm and leg movement with aids. For this purpose, a swimming noodle can be used under the abdomen, or swimming cushions attached under the abdomen.

Switch arm and leg movement

If your child has difficulty combining both movements, he or she can first practice alternating the movements. This can be started with 3 leg movements and then 3 arm movements as a rhythm. If this is easy, you can switch to 2:2 and later to 1:1. In this way, the simultaneous movement can be approximated.



Notes

Pay attention to your child's position in the water. If the chin is lifted too far out of the water, the feet will sink. This worsens the water position. The child should lie on his balloon (lung) and not go into a hollow back.

Rest is important for swimming. Before the onset of arm movement, care should

be taken to ensure a sufficient glide phase.

Make sure the legs are moving in the same direction (no scissors). Your child should be facing forward with hips and shoulders horizontal in the water.

Security



After your child has learned the basics of swimming, it is very important that they gain more confidence in and around the water.

For this purpose, in this chapter we will show you exercises with which you can continue practicing and we will introduce you to the bathing rules.

1. practice swimming
2. bathing rules

Practice swimming

Why?

Passing the Seahorse is the first big goal, but there is still a long way to go before you can swim safely.

According to the German Swimming Association, you are not a safe swimmer until you have achieved the German Swimming Badge in bronze.

The goals

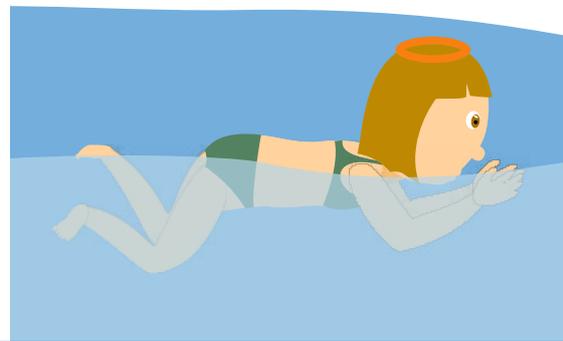
- German Swimming Badge Bronze (*jump headfirst from the edge of the pool, 15 minutes and min. 200 meters swimming, approx. 2 m deep diving, package jump from 1 m board, knowledge of bathing rules*)



Exercises

Crown swimming

To increase the difficulty of swimming and to promote the endurance of your child, a diving ring can be put on as a crown. This is balanced on the head while swimming and should not fall off.



Crazy swimming

Swimming safety and endurance can also be trained by incorporating different variations. Be creative, somersaults, direction changes, dives, spinning tops and more are ways swimming can be practiced.





Ball games

By throwing the ball to each other while swimming in deeper water, you can improve endurance and coordination, because it requires many changes of direction and position.



Jump variations

Safety can also be promoted by continuing to practice jumping. Try jumping into the water in different ways and combine this, for example, with direct diving or swimming further.



Water catching

Endurance can also be trained by playing catch in deep water. Moreover, this can be combined with special rules. For example, divers can be safe from catching.

Rules of behaviour for children

Why?

The bathing rules provide your child with guidance on how to behave in and around the water.

The goals

- Your child knows the bathing rules

Baderegeln



Only go into the water if you are healthy!



Do not go with full/empty stomach into the water!

**Jump and go
into the water only
where it is allowed!**



**Cool down,
before you go into the water!**

**Get out of the water
if you are cold!**



**As a non-swimmer
do not go into the water alone!**





**Floating animal and
Air mattress
are not safe!**



**Leave the water immediately
during thunderstorms
and heavy rain!**



**Lakes and rivers
can bring dangers
bring with them!**

**Do not push and
never push anyone
under water!**



Pay attention to others!



**In an emergency
call loudly for help!**



Rules of behaviour for adults

Why?

Ihr Kind lernt am besten durch Freude und gute Vorbilder.

The goals

- Seien Sie Vorbild und haben Sie viel Spaß mit mit Ihrem Kind im Wasser



**Set a lead
by example!**



**Keep an eye on
your child!**

This brochure is a project of the Wasserwacht Thannhausen.



Möchten Sie die Broschüre als gedruckte Version?

Das gedruckte Heft bekommen Sie unter www.selfmade-schwimmkurs.de

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Mit im Heft ist ein toller Schwimmpass mit Stickerbogen, den man auch einzeln bestellen kann.

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Lara Krautmacher

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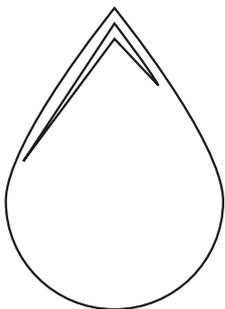
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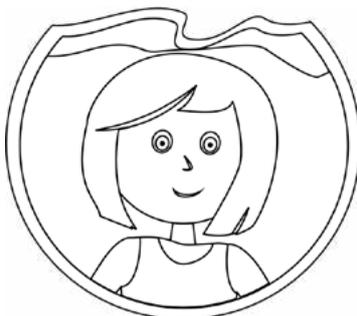
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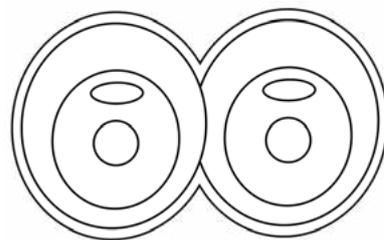
I can do that:



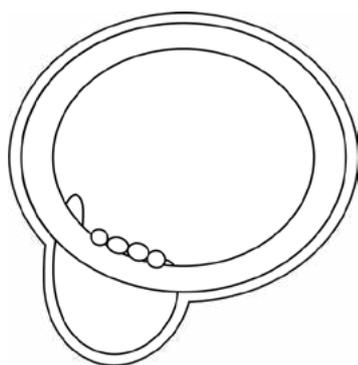
I know the properties of water.



I can submerge my head completely under water.



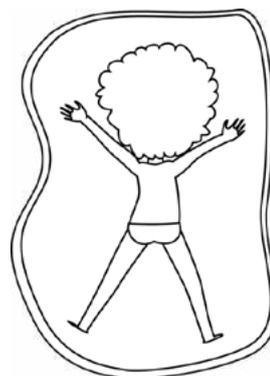
I can open my eyes under water.



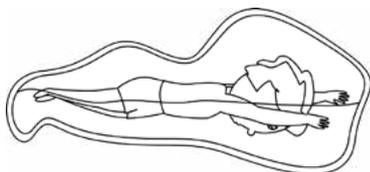
I can dive up an object from shoulder-deep water.



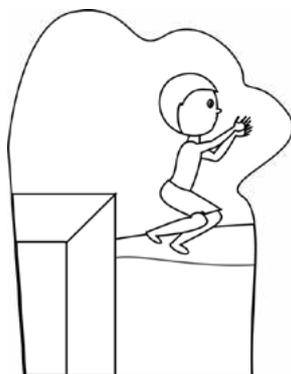
I can float freely in the water on my back.



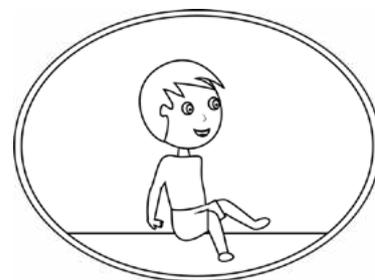
I can float freely in the water on my stomach.



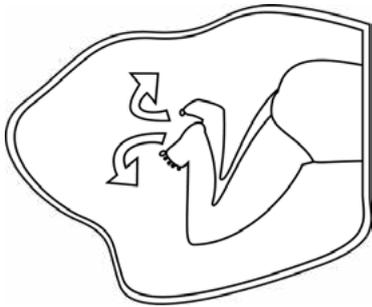
I can push off and glide through the water on my stomach.



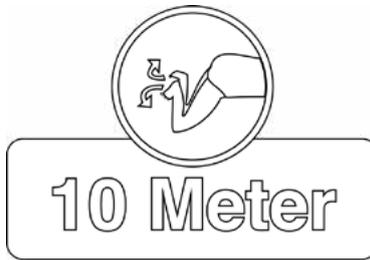
I can jump freely from the edge of the pool into the water.



I master the leg movement while sitting on land.



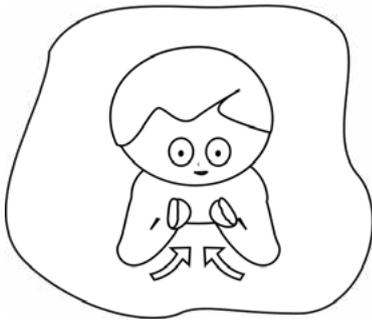
I master the leg movement in the water.



I can move 10 meters with an assistive device using leg movement.



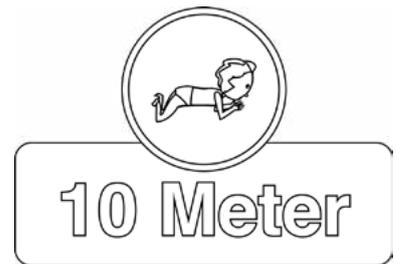
I master the arm movement while sitting on land.



I master the arm movement in the water.



I can swim 5 meters.



I can swim 10 meters.



I have completed the seahorse.



I have completed the bronze swimming badge.



I know the bathing rules.

