

**Level: first year students**

**Teacher: M.Boudra**

**Institute of Physical and Sports Activities**

**University of Batna 2**

## **Swimming**

Swimming, in recreation and sports, the propulsion of the body through water by combined arm and leg motions and the natural flotation of the body. Swimming as an exercise is popular as an all-around body developer and is particularly useful in therapy and as exercise for physically handicapped persons. It is also taught for lifesaving purposes. For activities that involve swimming, like diving, lifesaving, surfing, synchronized swimming, underwater diving, and water polo.

### **How to Swim: Instructions and Tips for Kids and Adults**

There's nothing like swimming on a hot summer day. However, swimming is also a skill that can save your life. When you know how to swim, you can safely enjoy water activities like kayaking and surfing.

Swimming is a great workout, too. It forces your body to work against resistance, which strengthens your muscles, heart, and lungs.

### **For beginners**

Beginner swimmers should work with a certified swim instructor. It's the best way to stay safe and learn the correct technique.

If you're a beginner swimmer, never enter a pool alone. Always swim with another person until you can float and swim on your own.

Here are basic swimming instructions for kids and adults:

### **Kids**

When teaching kids how to swim, the experience should be fun and playful. It's recommended to use songs, toys, and games.

To teach your child how to swim, practice each step until they're comfortable with each phase:

### **Simple instructions**

1. Enter the water together, holding their arms or hands to help them stay afloat.

2. Hold your child under their armpits. Ask them to inhale, reach out like a superhero, and blow bubbles for five seconds underwater to practice exhaling.
3. Repeat and let go, allowing your child to float for five seconds.
4. Hold your child under their armpits. Ask them to blow five-second bubbles as you walk slowly backward.
5. Repeat and have them kick their feet up and down.
6. Repeat, this time letting go.
7. To inhale, have your child lift their head, take a breath, and move their hands forward like a tiger.

## **Adults**

It's never too late to learn how to swim. With practice and professional guidance, adults can master basic swimming techniques.

To start swimming as an adult:

### **Simple instructions**

1. Stand up in a pool. Inhale deeply, place your face in the water, and exhale for five seconds.
2. Repeat in starfish position, floating with your arms and legs spread out.
3. Hold on to the side of the pool. Inhale and place your face in the water. Exhale and flutter kick for five seconds.
4. Stand with your back to the wall. Extend your arms above your head and stack your hands.
5. Enter the water in a horizontal position, exhale, and flutter kick for five seconds