



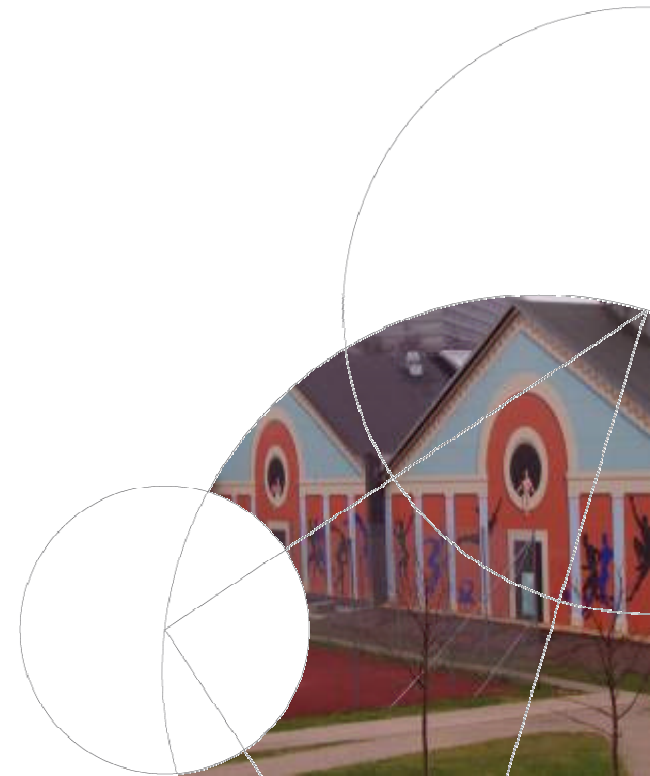
Faculty of Science



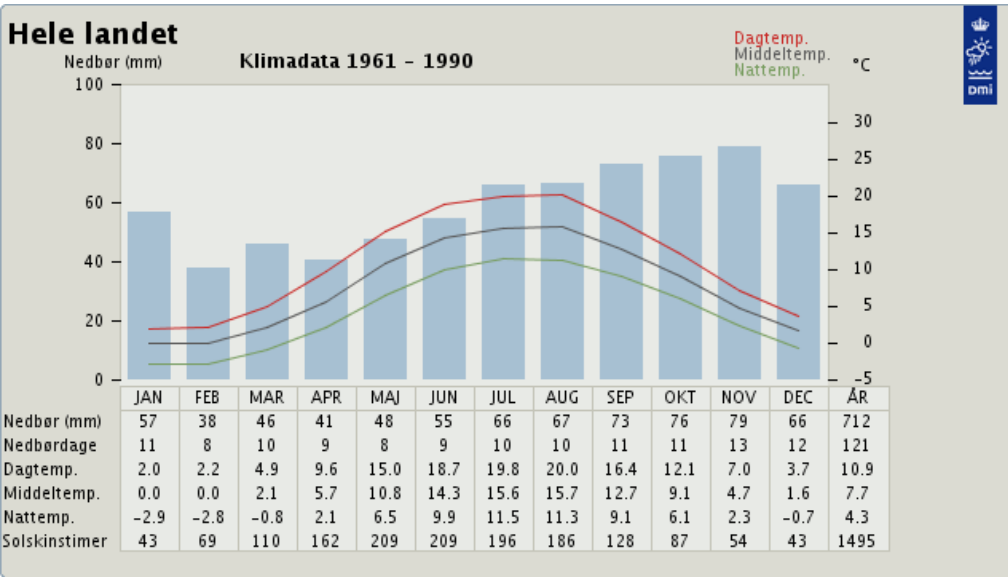
# Danish Elementary Swimming

*Or why the first step in Denmark is not to teach strokes...*

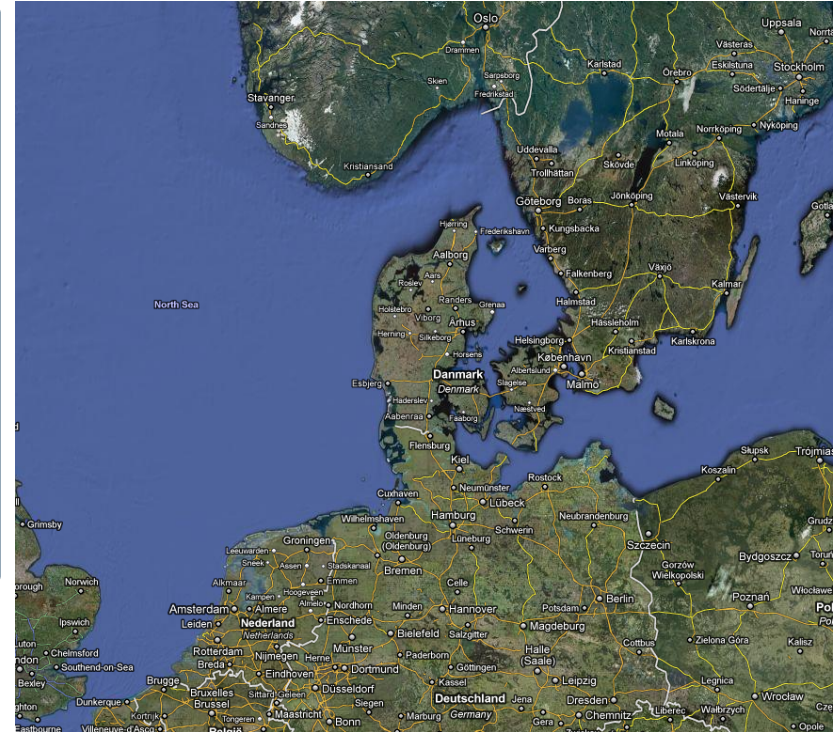
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# Denmark



2 3 5 9 12 16 18 19 15 11 8 4

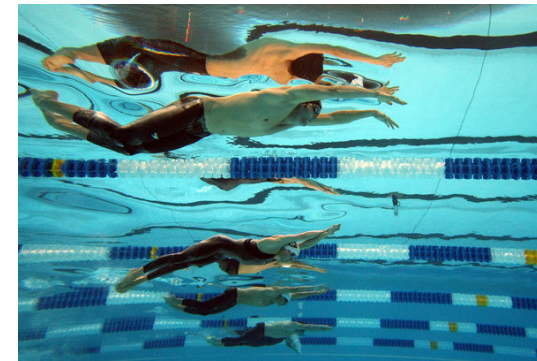


# Why do children start to swim – why do they start to play soccer?

Born each year: 65.000 children

Members < 19 years, Swimming: 96.000

Waiting list: ~5-10.000 children

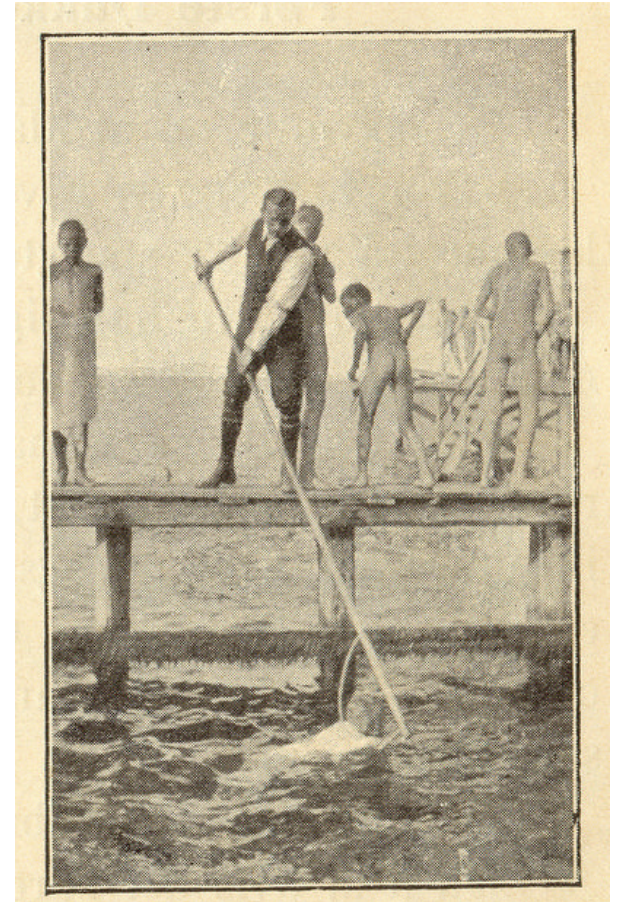




## The "old" way – Learn a stroke!



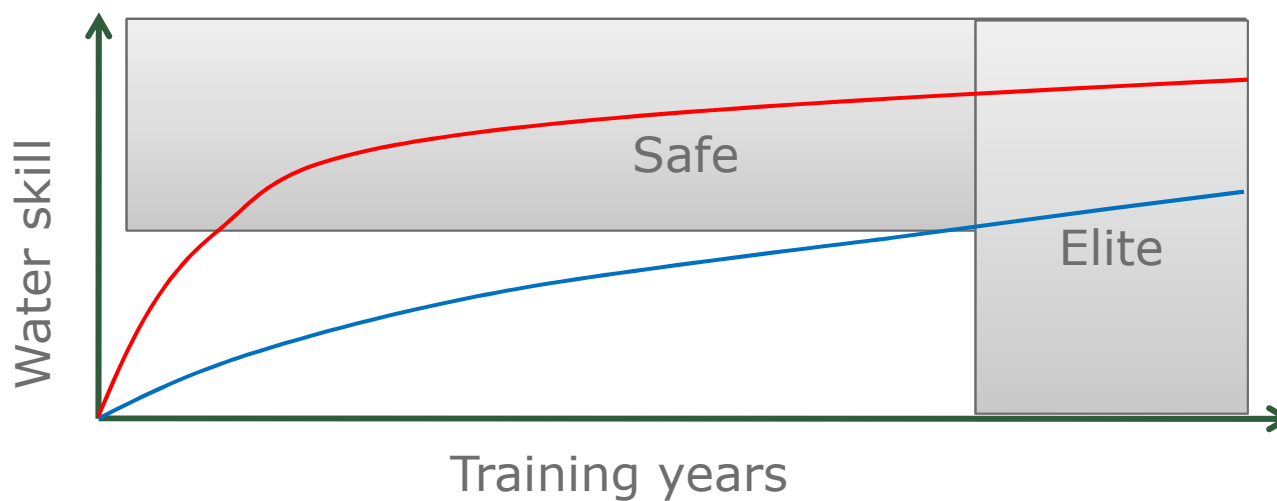
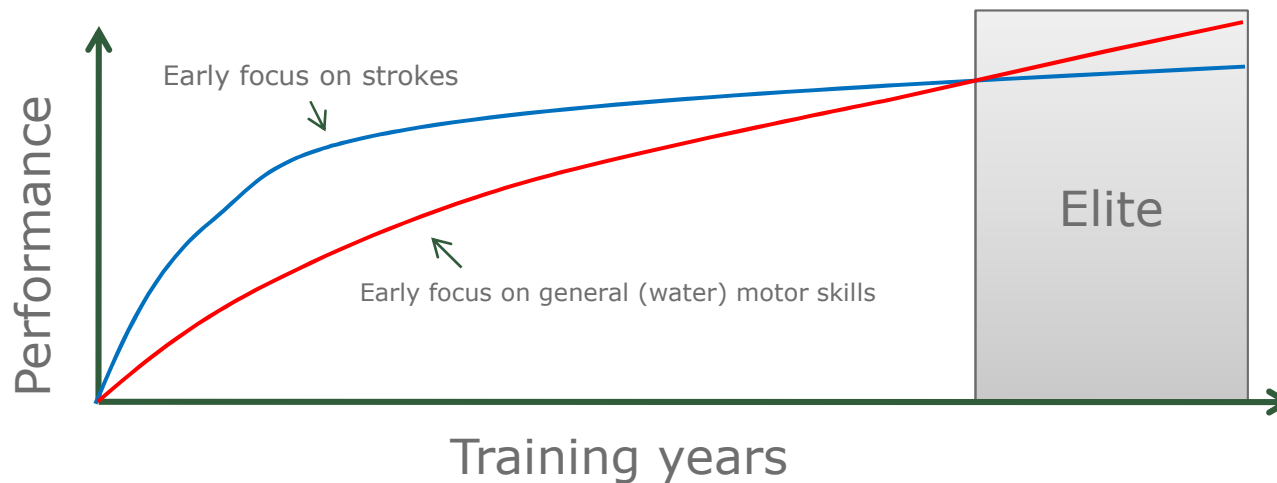
Fig. 16. Fra den store Kapsvømning. Kun een af dem springer rigtig ud. Hvor er hun? Hvem af dem faar »Plaster«?



# Is there a problem? The story of 2 children...

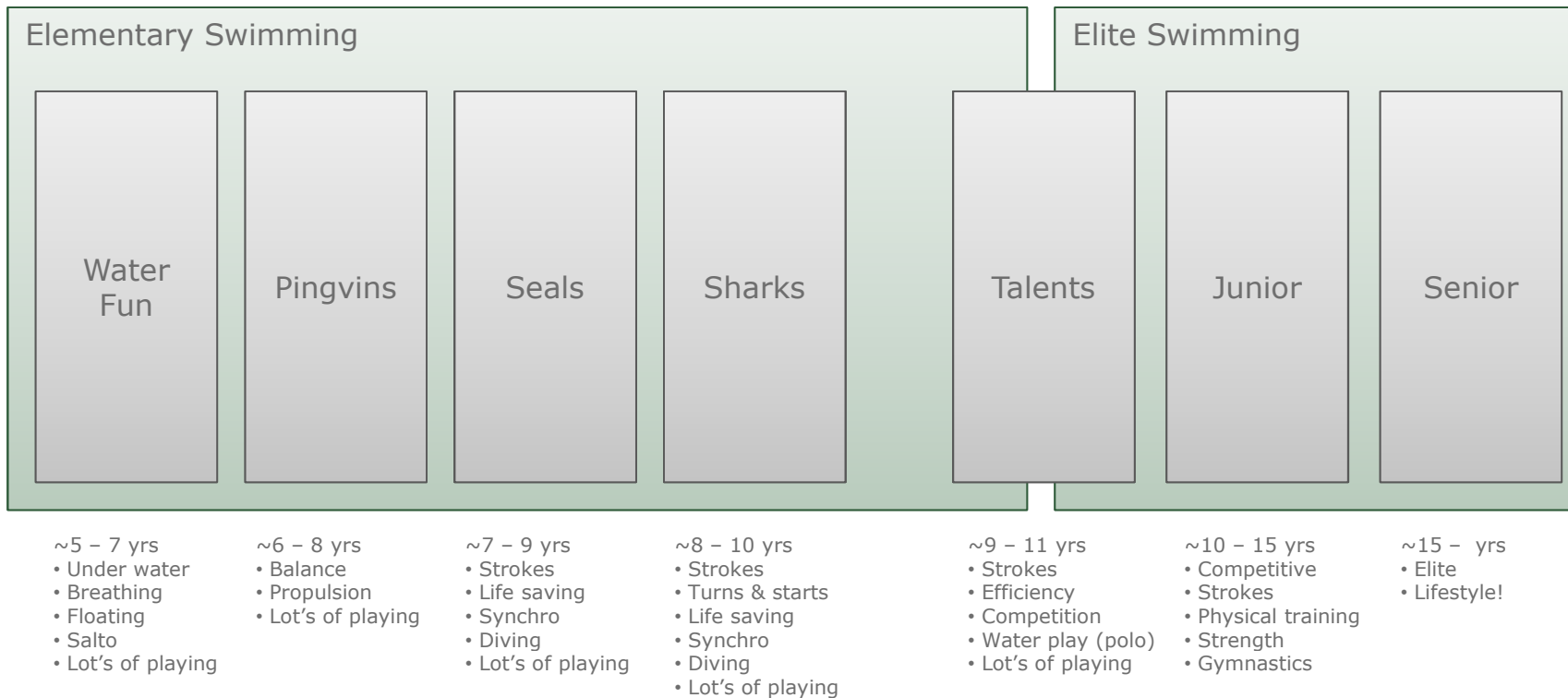


# Is being a safe swimmer and an efficient swimmer the same?







# The Danish culture in 2011

## The Swimming School



# Aquachamp from the National Swimming Federation

ELEMENT	LEVEL		
	Side - side 	...	10.000 m 
Butterfly	15 m		
Backstroke	15 m 		
Breast	15 m		
Crawl	15 m		
Medley			
Swimming	Level 1	Level 2	Level 3
Synchro	Level 1	Level 2	Level 3
Diving	Level 1	Level 2	Level 3
Life Saving	Level 1	Level 2	Level 3 
Water polo	Level 1	Level 2	Level 3
<b>Aqua Champ</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>





## Example: Swimming level 1

- Tumbleturn (watersalto)
- "Swim" 2 pool lengths
- Pick 3 items up from the bottom
- Jump in the pool from the deck
- Slide in the water from a big plate
- Swim one stroke 15 m

## So why is the first step not to teach strokes?

Because we are aiming at developing safe and efficient swimmers at all levels!