

1st LEN Learn to Swim Seminar

Budapest, Hungary

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Robert Strauss, USA

Discover Swimming – ‘Why Swim, If YOU can FLY?!

When learning to swim, it is important to understand the following ideas:

1. Moving the arms and moving the legs is not important, BREATHING IS.
2. When you cannot breathe you are under asphyxia conditions; asphyxia is a life threatening situation.
3. The commonly known ‘fear or phobia of water’ is NOT correct; the fear of asphyxia IS... because water is not a predator.
4. It is not scary to go under the surface of the water; it is scary not to be able to breathe at will, and every breath needs to be as good as the first breath.
5. For babies under 2 years, ‘Learning to Swim’, is not the objective; “*Enrichment of Early Childhood Stimulation*”, should be the goal.
6. Babies and Toddlers, children under 4 years, need to Discover Swimming because of the importance to satisfy the need to go in the water.
7. Necessity is the ‘mother’ of invention; to invent, it is necessary to experiment. Trials produce errors or successes; an error can be a success, if YOU learn from the mistake.
8. EMPOWER or IMPEDE: A parent or teacher that says: ‘NO!’ is impeding; the one who says, “Be Careful!” is empowering.
9. At swim gym, we teach swimming from the bottom up... ON the water you fall DOWN, IN the water you fall UP!
10. School age children, teen agers and adults, have the same need, they want to swim across.
11. Modern ‘speed swimming’ requires optimal body balance; the extremities must be used for propulsion, not to balance the imbalance of the ‘vessel’ (head, trunk, and buttocks).