

Adult Beginners – “All in one class?”



“Absolutely!”

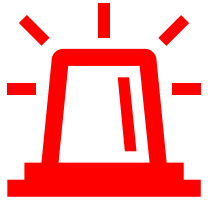
**Tutor: Sam
Aplin**



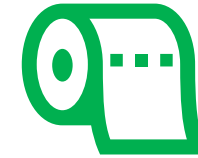


Housekeeping

Emergency Procedures



Toilets



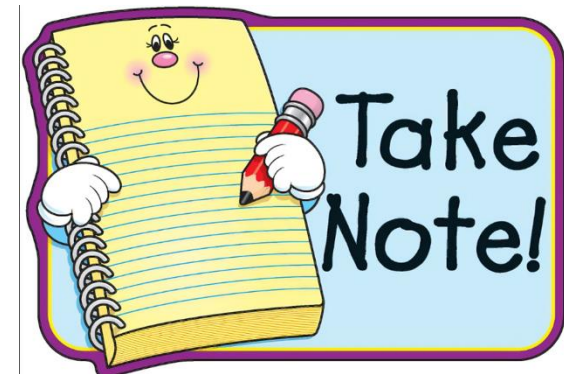
Mobile phones



Breaks



Eat & Drink





Icebreaker



Let's
share!

Introduce yourself ...

1. What's your name?
2. Where do you teach?
3. What's your experience teaching adult beginners?

What are you
hoping to
take away
from today?



Overview

Learning Outcomes – Adult Beginners

- Guidelines for Teaching
- Reasons for attending lessons

Aquaphobia Learning Program

- The Learning cycle
- The Fear Curve
- Body Language & Facial Expression

Adult Beginners

- Scenarios – Teaching points and practices

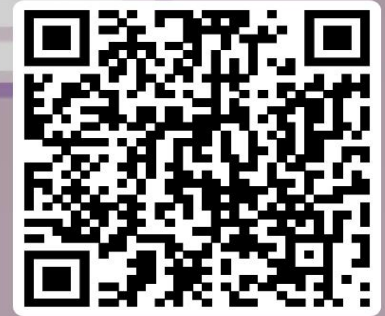
Pool Practical



Join at www.kahoot.it
or with the **Kahoot!** app

Game PIN:

547 9051



Kahoot!

Quizz!

What do you already know?

[Kahoot.it](https://www.kahoot.it)





Adults like to ask questions.

Adults like to understand WHY they are performing a skill.

Adult beginners are likely to be self-conscious & show frustration.

How is teaching adults different to teaching children?

Adults are more likely to be engaged and *want* to learn.

Adult beginners may have a reason why they have not learnt to swim in the past.



Why might
adults sign up
for lessons?



Take part in water-based activities with their family.

Overcome a fear of water

Swim for fitness

Take part in an event

To be able to rescue their own children from the water

Build confidence to dip in the sea on holiday

Injury from another sport - swim for cross-training or rehab

Social environment

Need to be able to swim for other water-sports

Try cold-water dipping



Why have you come for lessons?

Learning Pathways

Swim England Adult Program

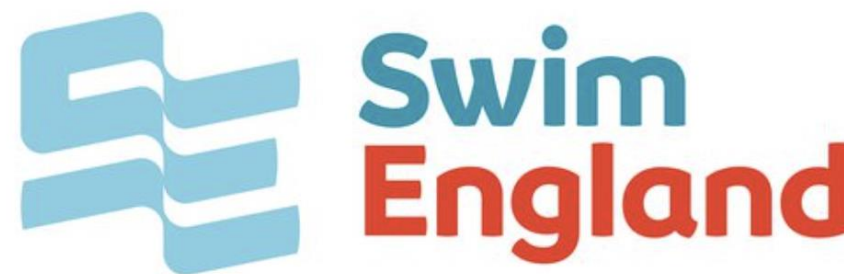
Be more confident 1
Be a swimmer 2
Be a better swimmer 3
Be a master swimmer 4



Swim England Adult Program

Be more confident 1 – Skills Tracking

- Understand the **benefits** of swimming.
- **Enter the water safely.**
- **From in the water, move along the edge, one hand over the other, towards the steps and climb out.**
- Be at ease **walking around** within the pool.
- Be at ease with **water on the face.**
- Whilst standing, inhale and then exhale with **nose and mouth submerged.**
- Within standing depth with feet on the floor, **submerge the head.**
- Inhale and, with the face submerged, exhale. **Repeat rhythmically** a minimum of 3 times.
- Regain an upright position from on the **front** with support.
- Regain an upright position from on the **back** with support.
- Perform a **flat, stretched front floating position**, holding on to the side of the pool or with support from a partner or teacher.
- Perform a **flat, stretched out floating position on the back** with support from a partner or teacher.

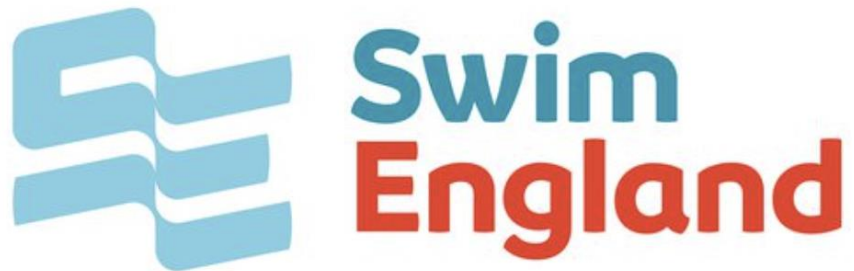


Perform a flat, stretched **front floating position**, with the use of floatation equipment but **without support** from a partner or teacher.

Perform a flat, stretched **floating position on the back** with the use of floatation equipment but **without support** from a partner or teacher.

Push and glide from the wall with the use of floatation equipment, maintaining a streamlined position on the **back**.

Push and glide to the wall or a partner with the use of floatation equipment, maintaining a streamlined position on the **front** with the face submerged.



In a flat position and with the use of floatation equipment, **travel 10m on the front**.

In a flat position and with the use of floatation equipment, **travel 10m on the back**.

With the use of floatation equipment, perform on the back a **head-first sculling action** in a flat position.



Learning Pathways

Swim England Adult Program

Be more confident 1
Be a swimmer 2
Be a better swimmer 3
Be a master swimmer 4

STA Adult Stages

Adult 1
Adult 2
Adult 3
Adult 4





STA Adult Stages

‘Adult 1’ – Learning Outcomes

Enter the water unaided in a safe manner.

Unaided, leave the pool in any safe manner.

Blow an object through the water.

Push and glide on the front to the wall or push and glide on the back from the wall to a partner or teacher.

Move forward for 5m using basic front crawl or breaststroke type leg action, showing the ability to regain feet (support may be given).

Swim backwards for 5m using backstroke leg action, showing the ability to regain feet (support may be given).

10m front leg kick with float.

10m back leg kick with float.

Tread water action with legs.



Learning Pathways

Swim England Adult Program

Be more confident 1
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STA Adult Stages

Adult 1
Adult 2
Adult 3
Adult 4

Aquaphobia Learning Program

Stages 1-12
'Go with the flow'



A dark blue silhouette map of the United Kingdom, including Great Britain and Northern Ireland, is positioned on the left side of the slide.

How many
people in the UK
can't swim due
to fear?

An underwater photograph showing the legs of several people standing at the edge of a swimming pool. The water is clear blue, and the tiled floor of the pool is visible at the bottom. The legs are reflected on the water's surface.

How can we change this for the better?

13.8 million people in the UK,
that's double the size of London,
won't go into a swimming pool due to fear
(RLSS UK – UK National Survey)

Go
with
the
Flow...



Stages 1-12

Advanced
Aquaphobia Coach
CPD
STA Endorsed

www.instituteofaquaphobia.com



Aquaphobia
Learning Program



What do you notice about these programs compared to the learning criteria within the children's stages?

Swim England Adult Program

Be more confident 1
Be a swimmer 2
Be a better swimmer 3
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STA Adult Stages

Adult 1
Adult 2
Adult 3
Adult 4

**Flexible
Skills & Outcomes**
**Not as
prescriptive**

Aquaphobia Learning Program

Stages 1-12
'Go with the flow'

The Fear Curve



The Autonomic Nervous System

Sympathetic NS

Norepinephrine and Epinephrine

Fight, Flight or Freeze

Increases

- Heart rate
- Respiratory rate
- Blood pressure
- Pupil dilation

Decreases

- Digestion
- Urine production

Parasympathetic NS

Acetylcholine

Rest and Digest

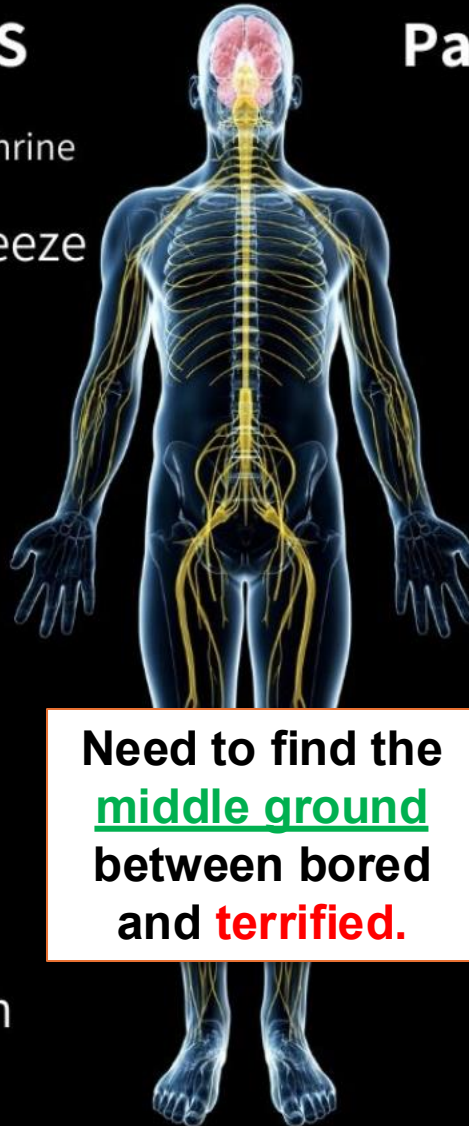
Increases

- Digestion

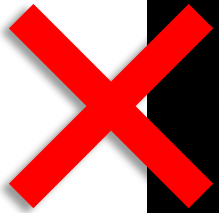
Decreases

- Heart rate
- Respiratory rate
- Blood pressure
- Pupil dilation

Need to find the middle ground between bored and **terrified**.



Which system could be triggered for new adults learning to swim?



How can we help our anxious swimmers achieve a 'rest and digest' state?

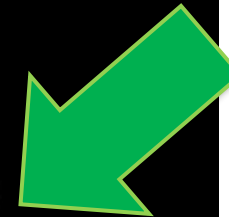
Lesson is their space to do what they want to do.

Not instructing all the time – observe / assist.

Engage swimmer in the process of the teaching.

Respond with warmth whether positive or constructive feedback.

Pay attention to body language and facial expression.



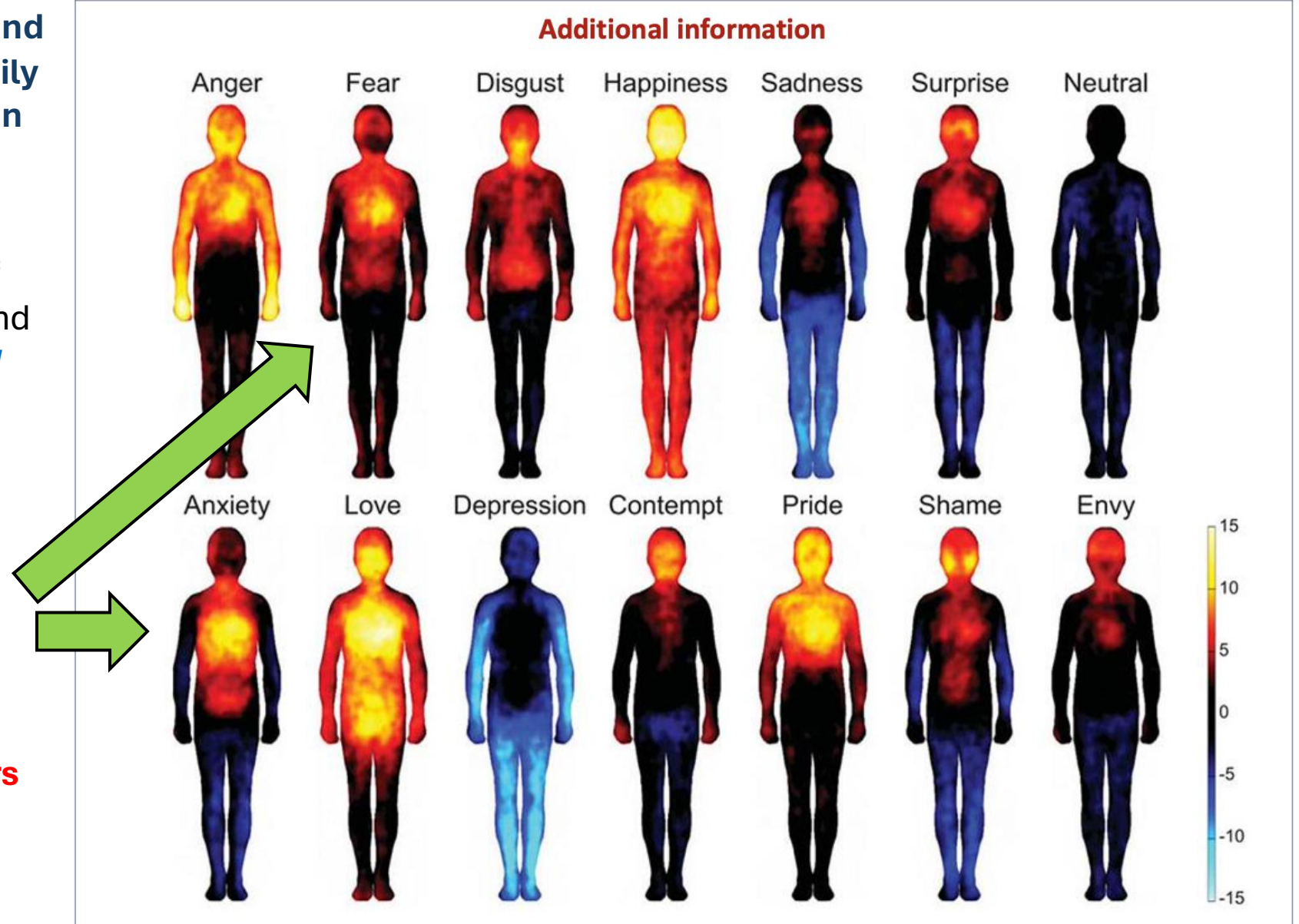
A group of bio-medical engineers from Aalto University researched 700 volunteers from Finland, Sweden and Taiwan in order to map human bodily sensations connected with certain emotions - 2013

Warm colours indicate regions of **increased sensation**, while **blue** and **black** areas represent **decreased sensation**.

What **physical reactions** might fearful or anxious swimmers show or experience?

Muscular Tension – neck/shoulders
Butterflies / Nausea
Anxiety Sweats

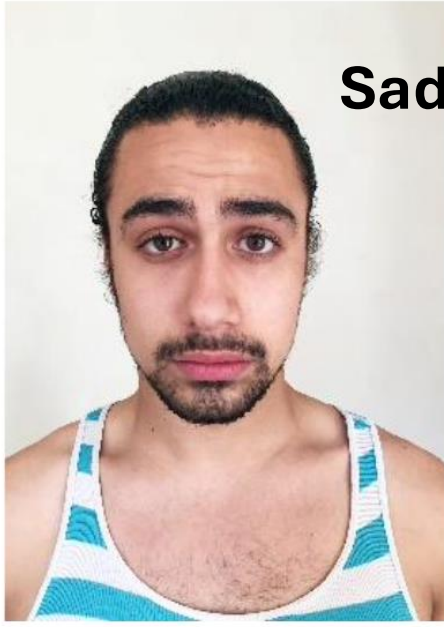
These Heatmaps Reveal Where Humans Feel Certain Emotions



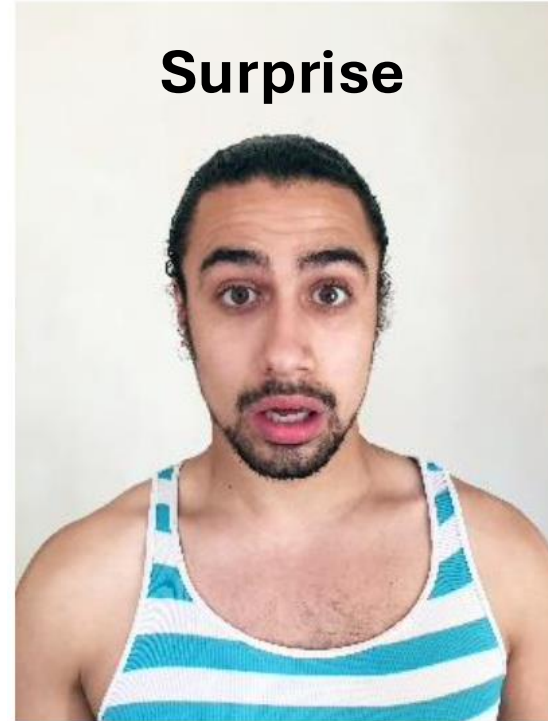
Anger



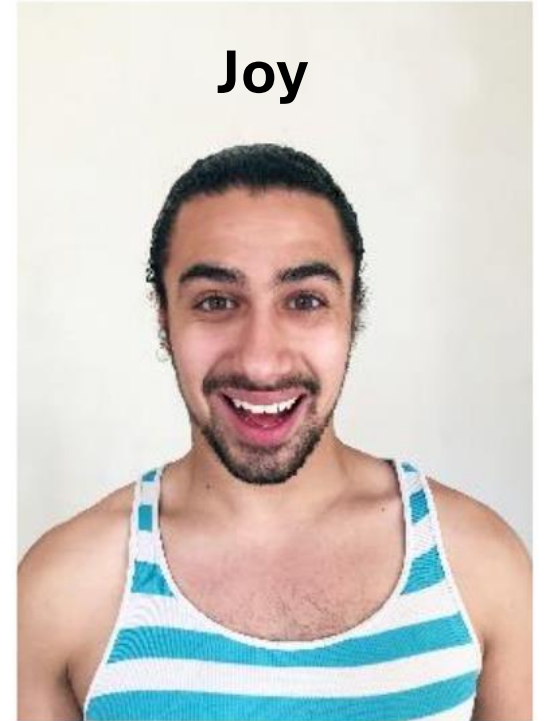
Sadness



Surprise



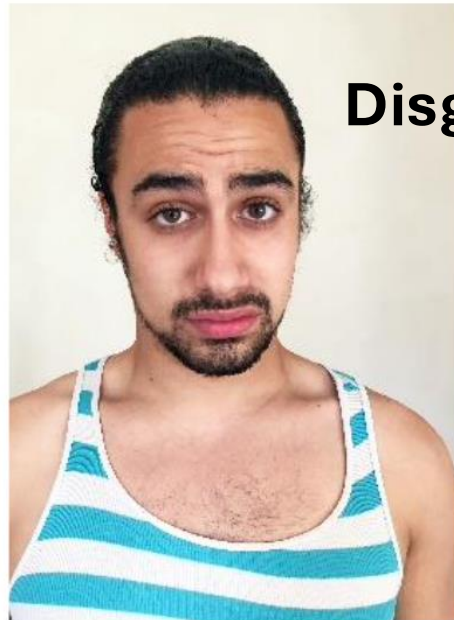
Joy



Fear



Disgust



How are these swimmer's feeling?

Being able to
read and evaluate emotional responses through
recognizing **facial expressions** is a key part of
understanding a swimmer's feelings.



How could an exercise like this help a tense / nervous swimmer?



Activates Sympathetic Nervous system:

- Lowers **heart rate**.
- Lowers **respiratory rate**.
- **Removes Co2** from lungs
- = relaxation.



Does the swimmer need to be in the water to learn how to do this?

“Sink Downs” develop breath control

Be under water with your swimmers ... you can see so much more!



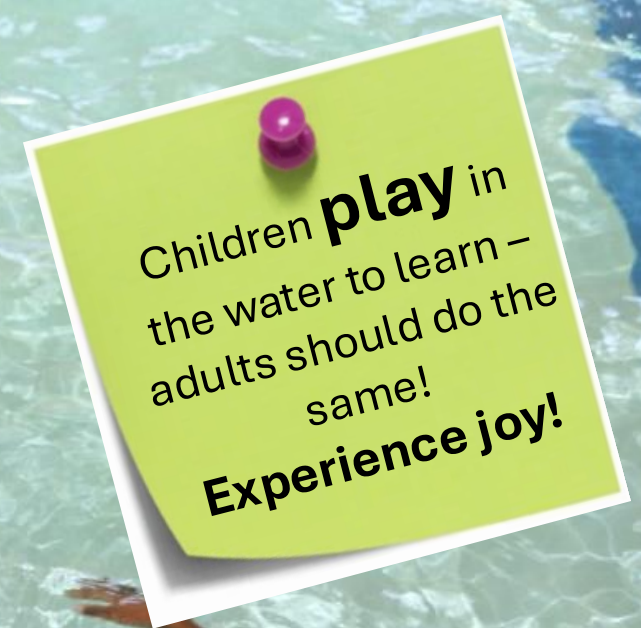
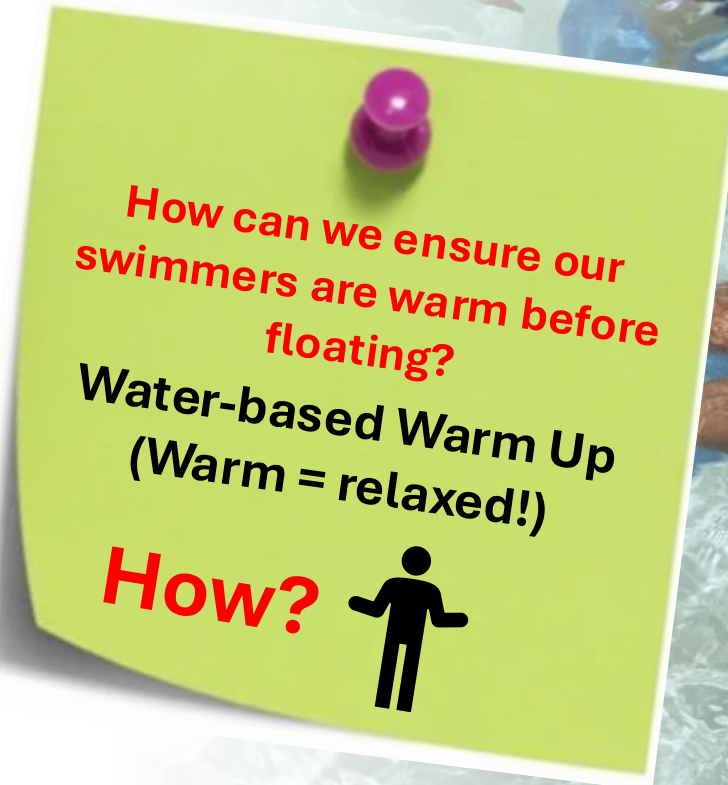
Stress and Floating

Calm breath holding
and being able to function afterwards,
comes before floating on front.



Practice submerging while breathing out
AND
breath holding.

However ...

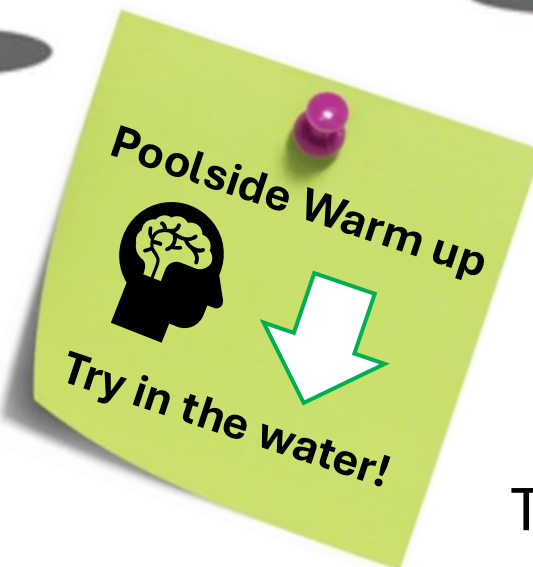




**"Be a set of
Windscreen Wipers!"**



"Be a tree!"
(Star float shape!)



Be a rocket!

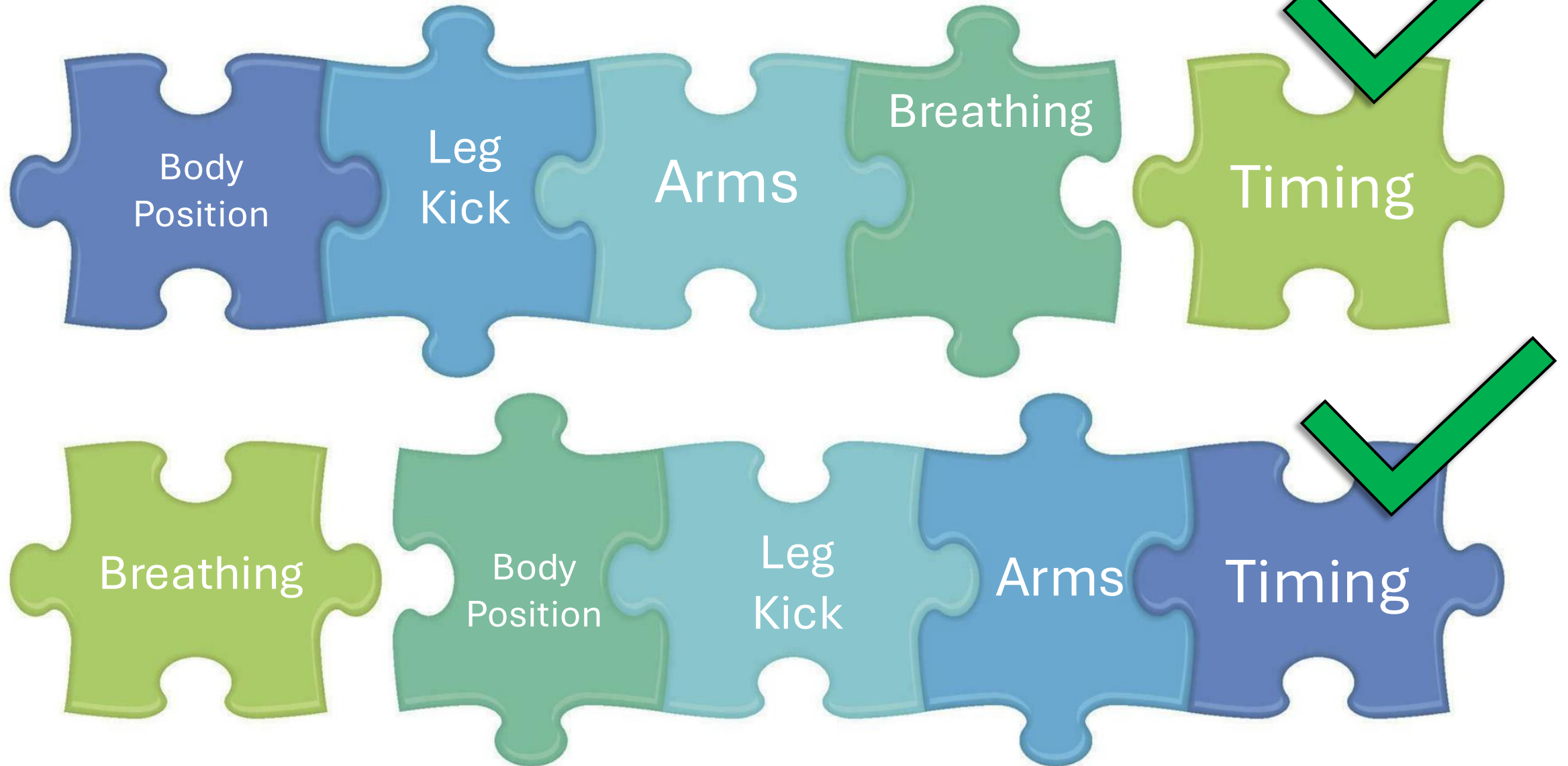


"Be a mouse!"
(Mushroom
shape! ..



Tuck arms in & stand on one leg!)

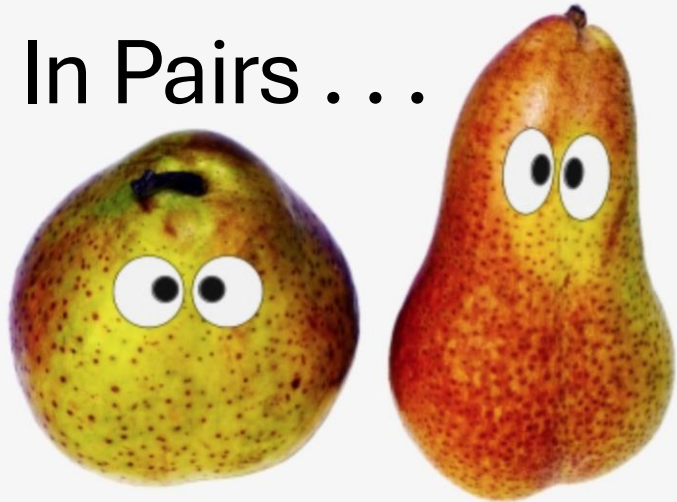
BLABT?



Let's meet our swimmers and build some lesson plans ...



In Pairs ...



What type of lesson would you teach?

Sink downs – breathing & relaxation.

Introduce kick action - with float, then with fins / torpedo arms

- Big toes tapping together
- Pelvic Tilt
- Focus on 'down beat'
- Kick from hips – engaging glutes.

Introduce breathing to the side: hold on to side, then with float.

Single arm Drill with Fins:

- With & without float
- Spearing underneath float / spearing in past lead hand, rotating from hip.
- Spearing fingers in line with eyes.
- Whole body rotation.

Finish with full front crawl with fins, breathing to both sides.



Andy

"I work full time as an accountant.

I've never had swimming lessons.

I can float but I can't swim.

I went to the pub with my mates and by the end of the night I'd agreed to do a half ironman (1.2 mile / 1.9km open-water swim).

The race is booked. It's in 5 months-time.

I want to learn front crawl so that I can complete the event.

I will try to swim 3 times per week.

I don't have any equipment".

Warm Up exercises (upper body stays dry = stay warm):

- Leg swings
 - Side to side
 - Front to back
- Clams – knee bent, **engaging glutes**, pushing knee out.
- Shoulder Rolls (facing mirror, hands loose in water) with wide feet.
- Arm Swings
 - Front to back
 - Side to Side
- Walk up and down
 - Forwards
 - Backwards
 - No current/Current
- Walk around pool, changing direction.

Focus on Balance & Leg Strength

- Kicking on back with two floats, into standing.
 - Teacher's hands under both shoulders
 - Progress to one hand in centre of back + one hand under head.

Bob

“I want to learn to swim front crawl so that I can swim on my own in the swimming pool”

Bob is 81 and is in the early stages of Alzheimer's. He can't swim or float. His physio has asked Bob to go swimming as it's good for whole body movement. His arms are very strong, but his legs are very weak. He walks with a stick as he has poor balance. His posture is very poor as he sits a lot.



Breathing

- Sink Downs



Body Position

- Push & glides with exhalation & straight legs

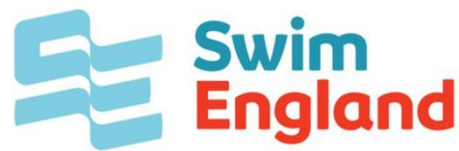
Leg Kick

- Introduction to Leg kick action with float
- Push & Glides with breath out & leg kick



Arms

- Push & Glides with breath out, leg kick, 3 arm strokes
- Swinger style arm recovery?



Faults?
Knee bend?
Breathing?



Homework:

1. Leg kick action
2. Sink downs
3. Swim 3 times per week



Gary

“I build houses for a living, and I’ve built a small pool in my garden which I don’t use”.

“I used to go deep-water diving. I want to be able to get into the sea on holiday and swim, knowing that I can get back to the shore again. I’m not interested in open water swimming events or triathlon – I just want to swim for pleasure.

I can dive down to the bottom of the pool and I can float, but when I try to swim front crawl, I can’t breathe after 2 or 3 strokes and I have to stop”.

Lesson 1

Breathing while standing:

No goggles – preferred to keep her eyes shut.

- Both hands on side.
- Shoulders in the water, back to standing – **repeat, repeat.**
- Blowing bubbles from mouth while holding nose.
- Blowing bubbles from her nose with some of her forehead in the water – without goggles, eyes shut.

Got water up her nose towards the end of the session – panicked.

Found it easier breathing out from her nose.

So, practiced rotating head to the side to breathe in and out of nose while holding onto the bar.



Standing to floating (Supine):

- Holding onto bar: feet on wall with head & ears in the water – **repeat, repeat, repeat.**
- Star float with woggle behind back/head + two *biggest* floats under forearms.
Practiced bending knees + lifting head to return to standing.

Jean struggled with lifting head & shoulders to lower feet – got stuck!

Support from teacher + “think – scrunch tummy”

Jean

“I’m 65 and I have sciatica in my hip.

When I was young we had to do swimming lessons at school. I got pushed in by another child and nearly drowned as I couldn’t swim. I couldn’t get back to the surface and the lifeguard had to rescue me. I’ve never been back to a swimming pool since.

I have a granddaughter now and she wants me to take her swimming, but I can’t get in the water with her as I’m too scared. So, we play on the steps in the shallow end instead. I want to be able to get in the water with her”

Lesson 2

Breathing (prone) holding side:

- Breathing from nose with head *lower* in the water with ears submerged.
- Slide feet backwards into straight legs, breathing out into the water, and coming back into standing.
- Rotate head *into* the water and lifting straight up

Rotating back out was too much to start with – lifting head up felt easier.

Convinced Jean to try big Aquasphere goggles – she decided goggles felt better!



Jean

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Floating (prone) with floatation equipment:

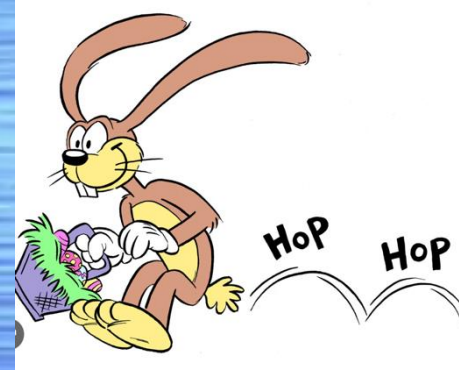
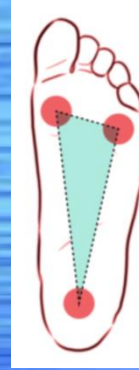
- On front with 2 small floats, sliding toes backwards, *rotating* face into the water, and lifting legs into floating position.
 1. Head *deeper* in the water with ears submerged.
 2. Bending *both knees* at the same time as lifting head.
 3. Standing position with *wide* feet.
 4. Breathing out for longer, with a more *purposeful (harder)* *breath out* to empty lungs = floaty legs.

Jeans legs floated better while straight (kicking position), rather than in a star shape.



Floating (prone) into standing:

- Star Float with Woggle under hands
“Star with a Bar”
- ‘Purposeful’ press back to hip:
“Bunny Hops + triangle feet”!



Found *Push & glides* into standing easier.



- Push and glides with *woggle* into standing.
- Push and glides with *big* floats into standing.
- Push and glides with *small* floats into standing.
- Push and glides with *big agility paddles* into standing.
- Push and glides with *medium* agility paddles into standing.
- Push and glides with *small* agility paddles into standing.
- Push and glides with *my hands* for support into standing.
- Push and glides with *my fingers* for support into standing.
- Push and glide into standing!



**Confidence &
Trust building
exercise**

Madeline

I'm 60 years old and I'm fed up of not being able to join in with water activities water on holiday. I was pushed in the water by my swimming teacher as a child when I couldn't yet swim. I've never been near a swimming pool since.

My husband and I go to a holiday resort in Lanzarote every year. We're very sociable people and my husband often wants to stand at the swimming pool bar with a drink. I can't go with him as the bar is in the middle of the swimming pool. So, I stand on the pool side and watch instead which is embarrassing. I want to be able to stand at the bar and join in, knowing that if I slip over in the water, I can stand back up again.



Stroke
Technique

Alternate practices:

Sinks down



Swimming with snorkel



Briony

I hate the feel of water on my face.

I can swim a bit, but when I lift my head to take a breath in, I don't like it when I can feel the water running down my face, and so I stop and panic and need to hold on to the side.

I can't open my mouth to take a breath in.

I don't get very far without feeling completely out of breath and I feel very anxious and tense while I'm swimming.

I've got an open-water triathlon booked later this year.

But, **breathing** itself was **not the issue** ...

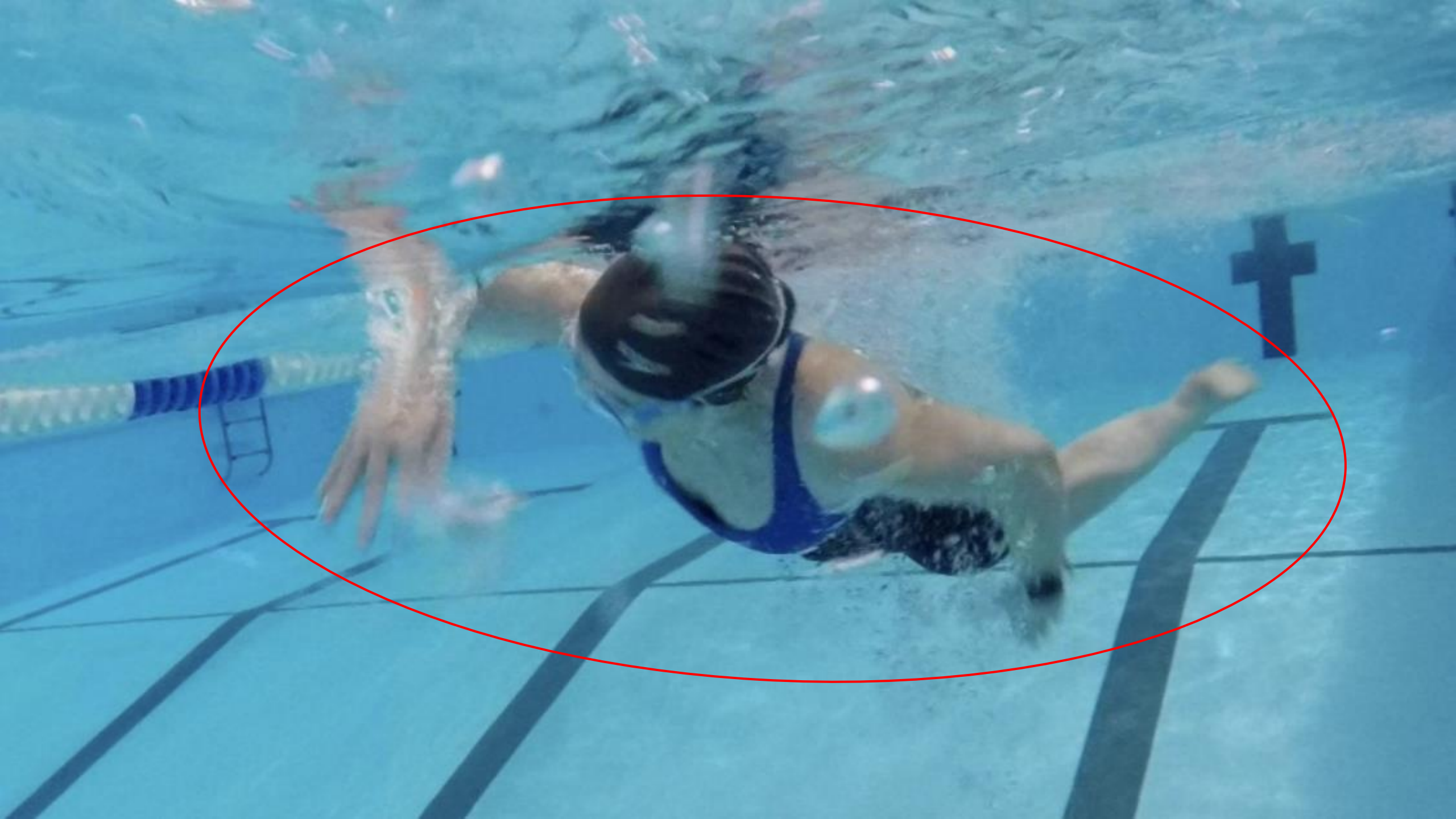
What else could be going on?

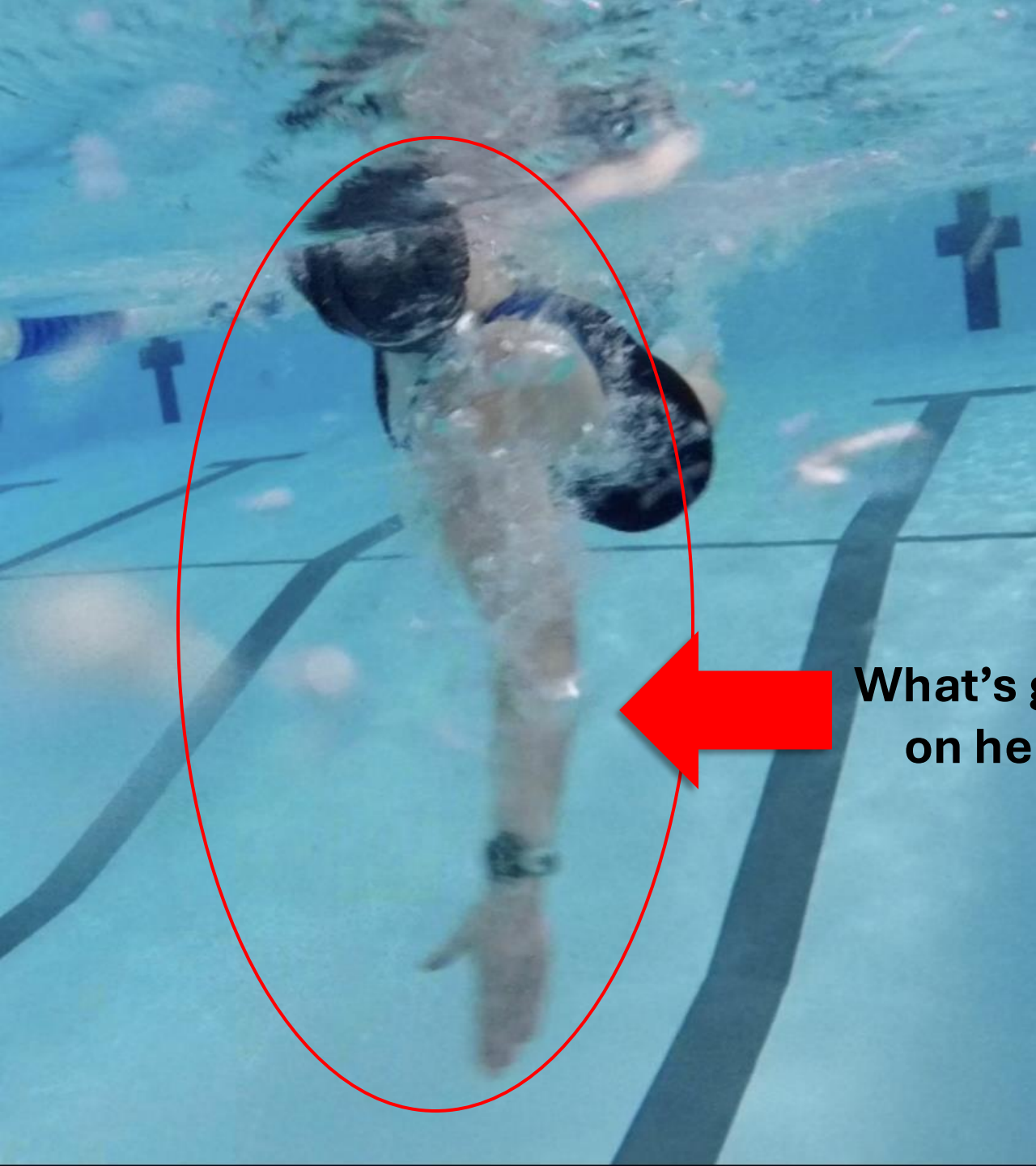
Let's dive
beneath the
surface



Aquaphobia
Learning Program



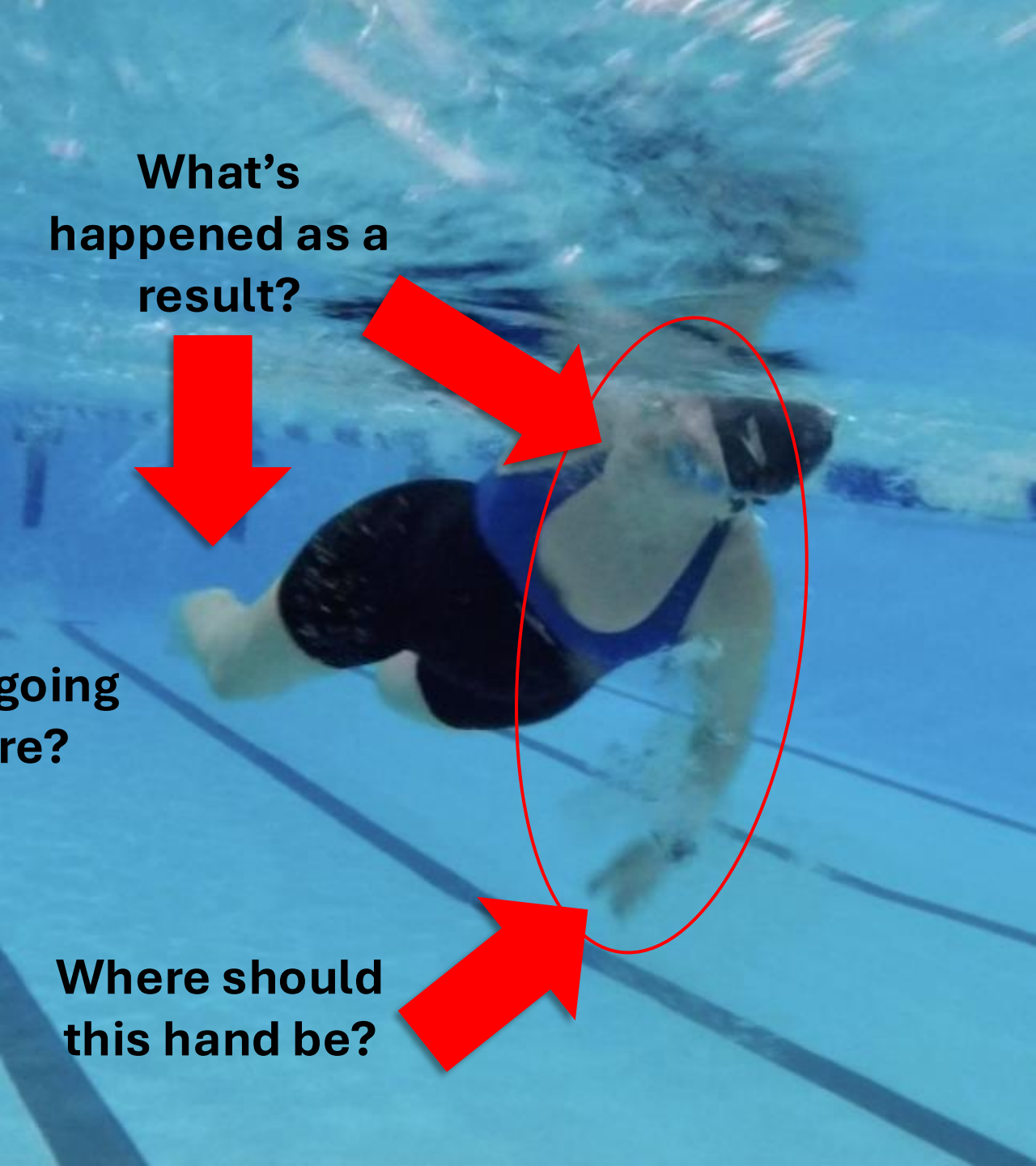




**What's
happened as a
result?**



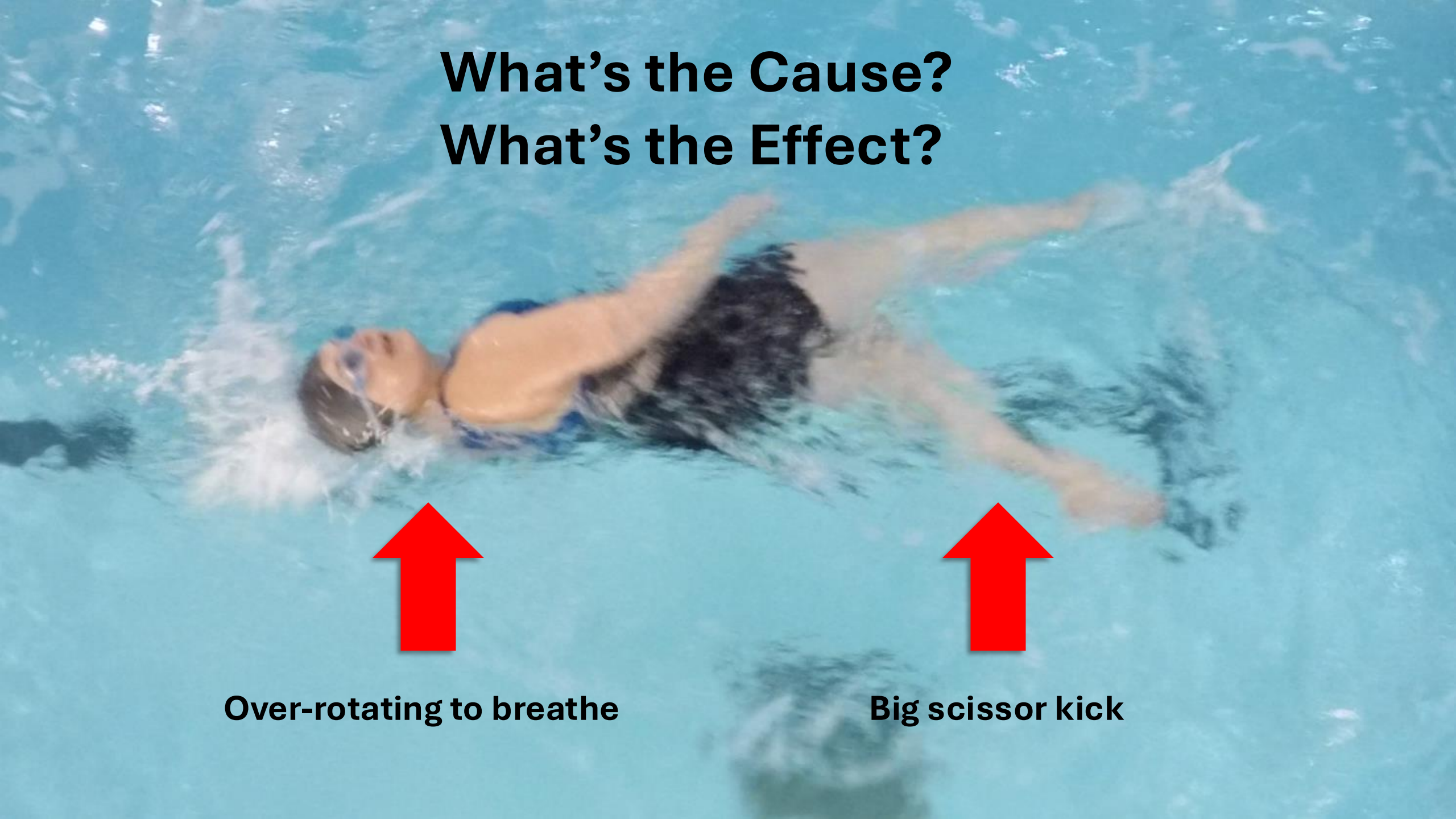
**What's going
on here?**



**Where should
this hand be?**



**What's the Cause?
What's the Effect?**



Over-rotating to breathe

Big scissor kick

An underwater photograph of a swimmer in a blue swimsuit and black swim cap, performing a front crawl. The swimmer is positioned in the center of the frame, with their head above water and arms extended forward. Bubbles are visible around the swimmer's head and arms, indicating movement. The pool floor has lane lines and a black cross marker. The water is clear and blue.

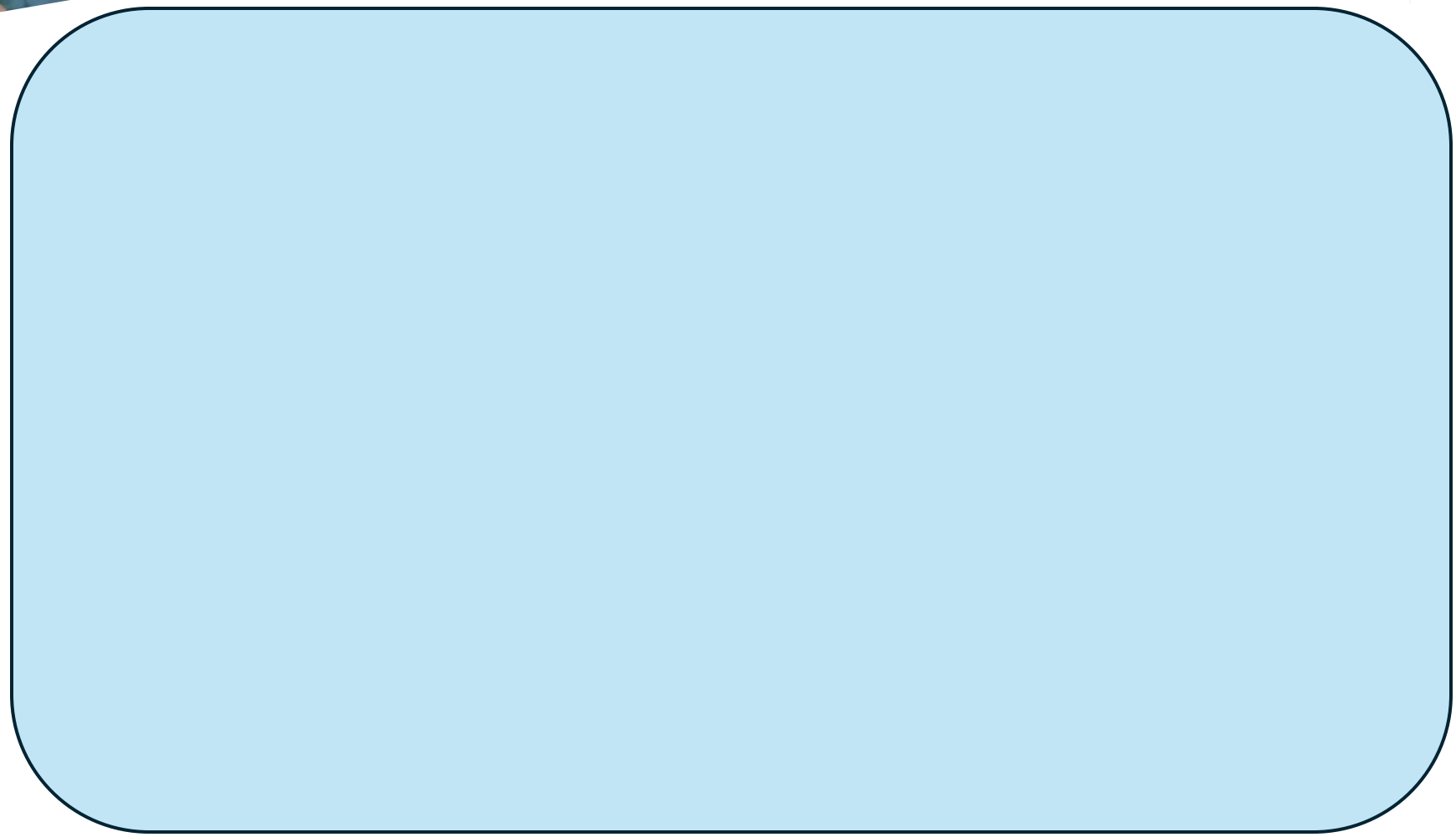
Briony can 'swim' ...
But she may end up in your beginner group because “she can’t breathe”.

Join us for our ‘stroke analysis for front crawl’ CPD to [learn more!](#)



Swimming

Lesson Plan



Self-reflection

Build knowledge and grow through self-reflection.

Whose stories did I consider?

How did the lesson go?

What went well?

Where could I make improvements?

POWERFUL

More so than spending hours writing lesson plans.





Summary

Fill your teaching toolbox!

Equip yourself with practices and teaching points from a variety of pathways.

Find out about your swimmers.

Adults bring their own stories

Pay attention to Body Language and Facial Expression

Know why you're asking them to do a particular practice.

Adults like to ask!

Any
Questions

