

SWIMMING

A young girl with a joyful expression is the central focus of the image. She is wearing a bright yellow swim cap, black goggles with red accents and the brand name 'arena' on the bridge, and a red one-piece swimsuit. Her hair is wet and dripping with water. She is holding a grey pool noodle in her right hand. The background is a clear blue swimming pool with visible ripples in the water.

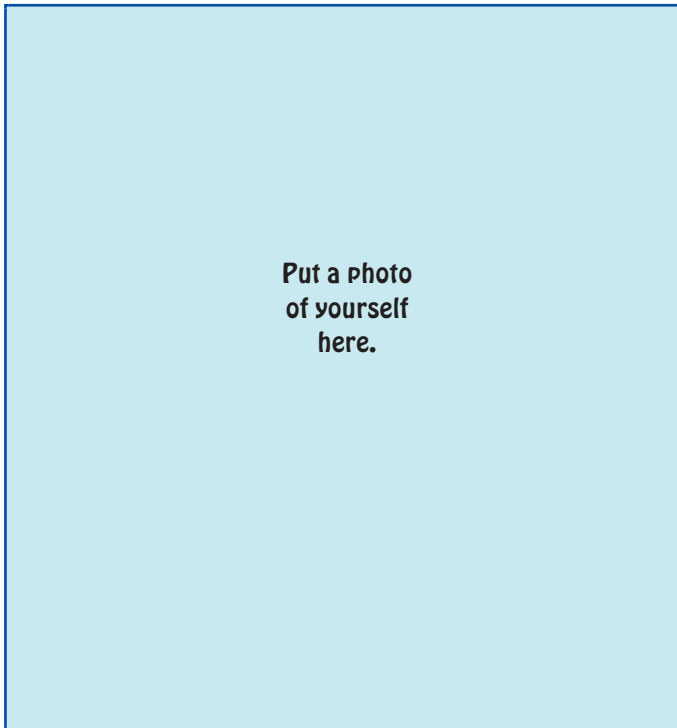
LEARNING

BARTH/DIETZE

MEYER
& MEYER
SPORT

Learning Swimming

This book was a gift from:



My name: _____

My birthday: _____

My address: _____

Learning Swimming

Barth/Dietze

Sport Science Consultant:
Dr. Berndt Barth

Meyer & Meyer Sport

Original Title: Ich lerne Schwimmen
Aachen: Meyer & Meyer 2002
Translated by Susanne Evens, Petra Haynes
AAA Translation, St. Louis, Missouri, USA
www.AAATranslation.com

British Library Cataloguing in Publication Data
A catalogue record for this book is available from the British Library

Learning Swimming

Katrin Barth / Jürgen Dietze
Oxford: Meyer & Meyer Sport (UK) Ltd., 2004
ISBN 978-1-84126-595-7

All rights reserved, especially the right to copy and distribute,
including the translation rights. No part of this work may be reproduced –
including by photocopy, microfilm or any other means –
processed, stored electronically, copied or distributed in any form whatsoever
without the written permission of the publisher.

© 2004 by Meyer & Meyer Sport (UK) Ltd.
Aachen, Adelaide, Auckland, Budapest, Graz, Johannesburg,
Miami, Olten (CH), Oxford, Singapore, Toronto



Member of the World
Sports Publishers' Association (WSPA)

www.w-s-p-a.org
ISBN 978-1-84126-595-7
E-Mail: verlag@m-m-sports.com
www.m-m-sports.com



.....**TABLE OF CONTENTS**

1	Let's talk, dear beginning Swimmer	11
	Little swimming journal, why swimming is so important, how this book can be your companion while you learn to swim	
2	About the History of Swimming	15
	When did humans start to swim, different types of swim sports, swimming lessons today and in the past	
3	Hi there, Nadine!	21
	A conversation with a little swimmer	
4	Fit and healthy	23
	Proper nutrition, healthy lifestyle	
5	What I need to bring to the Pool	27
	All about swimming attire and equipment	
6	The Water	31
	What water can be like, water bears weight, experiments and games in the water, swimming aids	
7	When do we learn to swim	43
	About baby swimming and getting used to the water	
8	The basic Skills	53
	Developing water safety and swimming ability through diving, jumping, breathing, gliding, moving forward with lots of exercises	



LEARNING SWIMMING

9	The Breaststroke	77
	The technique, tips, mistakes, exercises, the dive	
10	The Backstroke	91
	The technique, tips, mistakes, exercises, backstroke take-off	
11	Keeping Things straight	105
	Pool rules, life guards, rules for swimming, first aid, self-rescue	
12	Solutions and Answers	115
13	Let's talk	117
	Dear Parents, Dear Swimming Instructor, how grown-ups can support their beginning swimmers, how to use this book	
	Photo & Illustration Credits	125

The exercises and practical suggestions in this book have been carefully chosen and reviewed by the authors. However, the authors are not liable for accidents or damage of any kind incurred in connection with this book.



Hey, you little water rat!

I am Dolly, the fastest girl dolphin in the world. Well, maybe that's a little exaggerated. Anyway, in this book I want to help you learn to swim.

I think we'll have lots of fun together!

Hey, short stuff!

I am Speedster, Dolly's friend, and I have been swimming for a long time.

I am going to watch you learn how to swim.

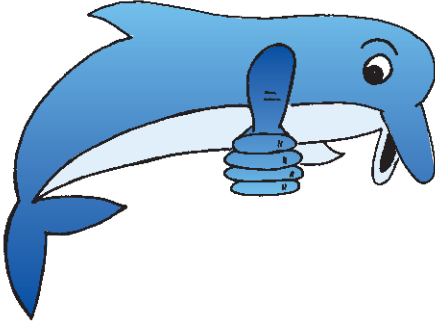
Maybe you'll be an awesome swimmer someday.





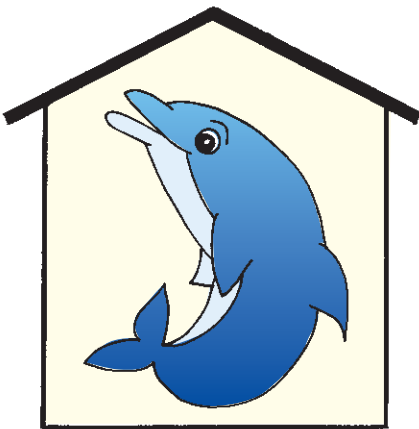
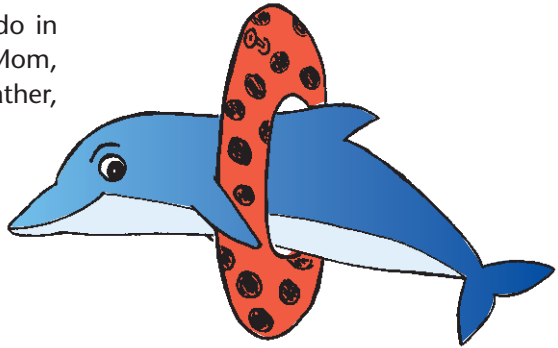
LEARNING SWIMMING

You will frequently see pictures of Dolly in this book



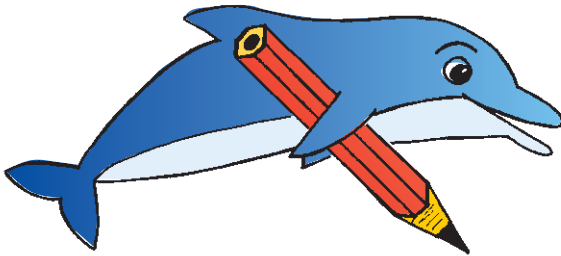
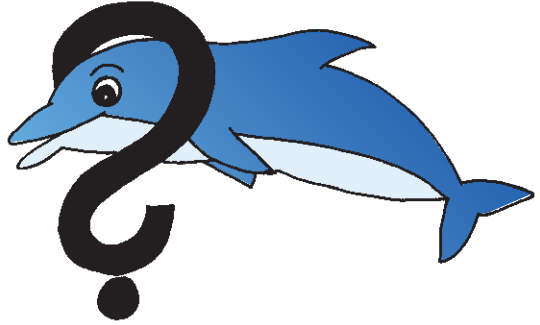
This means Dolly has a tip or an important suggestion to help you do even better.

Here are exercises you can do in the pool or at the lake with Mom, Dad, Grandmother, Grandfather, or your siblings.



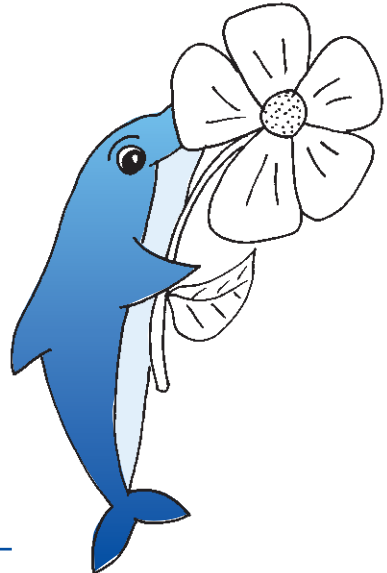
Here Dolly is shown in a house, which means she is at home. Next to this picture will be exercises you can do without a large swimming pool.

Sometimes Dolly has an exercise or a puzzle for you to do. You will find these next to the question mark. The answers are in the back of the book.



If you see Dolly with a pencil it means there is something to color in or to write down. If you like you can color in all the drawings in the book.

Some of the exercises aren't all that easy to do and you have to have some courage. Congratulations and bravo if you try something and succeed! As a reward you get to color Dolly's flower.





MY LITTLE SWIMMING JOURNAL

I received this book on: _____

The first time I went to

- an indoor swimming pool: _____
- an outdoor swimming pool: _____
- the beach: _____

My favorite person to go swimming with is: _____

The first time I jumped into shallow water: date: _____

The first time I jumped into deep water: date: _____

The first time I dove into the water: date: _____

I am learning to swim at: _____

The name of my swimming instructor is: _____

My first swimming lesson was on: _____

The first time I swam alone was on: _____

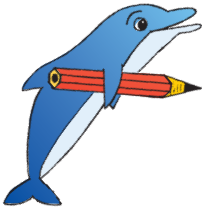
How I like swimming:



..... 1 LET'S TALK

Dear beginning Swimmer,

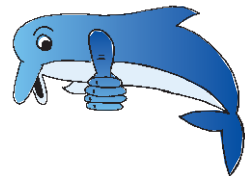
Some kids are tall and some are short, some are big, some are thin, or loud, or quiet. Some kids like to draw, do puzzles, or crafts. Some like to go wild on the playground, climb trees, or get into a tussle. The skilled ball player will soon join a soccer team, the good singer will join a choir, and the clown will join a children's theater group. Every child has different talents. That means that every child is really good at something and has fun doing it.



What do you like to do most?

Have you already joined a children's group or a team?

In the beginning swimming is not a recreational activity like riding a bike, playing soccer, dancing, singing, or playing tennis. Everyone needs to know how to swim!



Every baby learns to walk during the first year of life because it can't ride around in a stroller forever. Toddlers want to learn how to talk so they can finally say what it is they want. Later on at school all children learn to read, write, and do math.



LEARNING SWIMMING

But why do we have to learn to swim?

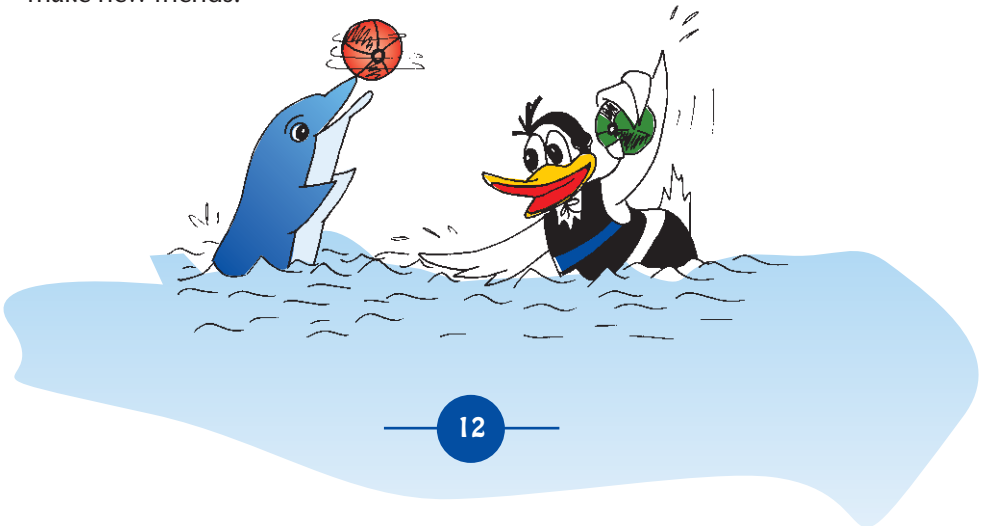
So you don't go under while you are bathing or playing in the water. Swimming can save your life. Every year children and grown-ups drown because they can't swim or can't swim very well. By learning to swim and knowing how to behave in the water you can protect yourself.



What else is swimming good for?

Spending time in cool water toughens your body, which will protect you from getting colds. Moving in the water and breathing strengthens your heart and lungs. You improve your endurance, don't get tired as quickly, and strengthen your muscles. The body is lighter in water than on land. That's good for the spine, bones, and joints.

When you go swimming at the pool you meet other children. You'll have lots of fun swimming, playing ball, jumping, diving, and sliding, and you'll make new friends.



Once you have learned to swim and you enjoy it you can keep practicing. Maybe there is a swim team that meets regularly in your area. Successful swimmers who compete at big swimming competitions and win medals started out that way, too.

We have listed quite a few good and important reasons for learning to swim. Now it's time to get started!
The best time to start learning to swim is the year before you start school.

This book should accompany you as you learn to swim. We have included interesting facts about water, tips and tricks, as well as exercises. We'll also explain why some preliminary exercises in the water are so important, and what you need to be able to do.

If you are not reading yet, look at the pictures and have someone read to you. But this book isn't just for reading and looking at. You get to help design it. Record your dates, color in the illustrations, add photos, and do the puzzles and exercises. Just enjoy the book and hurry up and learn to swim.

We hope you have lots of fun!

The authors ...

...and Dolly!

