

Kick Start
Supporting you to do your 30 a day



www.bactivederby.com/kickstart

Non-swimmers movement programme

If you can't swim these activities will help build your confidence and get you used to being in the water.

- Walk, jog or run across the pool
- Walk, jog or run across the pool with knees bent so shoulders are submerged
- Jump across the pool, two footed
- Hop across the pool
- Side step across the pool
- Try floating, even if this means holding onto the side of the pool
- Use a float and try kicking across the pool.



Early Skills:

Floating

- Practice floating, this will improve your water confidence. Floating and making different shapes on your front and back will show you how the shape you make affects your balance.

Sculling

- One of the most important skills in swimming is sculling, all strokes in swimming use sculling. Just by changing the angle of your wrist you can travel in different directions or remain stationary.

Water confidence exercises

- Try activities such as putting your head under the water and blowing bubbles. This will help you become more familiar with the feel of the water.

Set yourself some goals - aim to do a set amount of widths and vary the way you travel those widths. If you do not feel confident trying something new, ask a friend to join you and give you support whilst you try new activities and movements.

Once you feel more confident in the water then book a session of swimming lessons. Swimming is not just good fun and great for your body but it could save your life one day. You can learn to swim at any age with expert instruction from qualified swimming teachers. Ask about the learn to swim scheme at your local pool.