

Swimming Tips |Beginners Tips |Swimming Strokes |Butterfly Stroke



Swimming Tips | Beginners Tips | Swimming Strokes | Butterfly Stroke

Most of the people's passion is to become a [swimming expert](#). Off course swimming is necessity for your good health, breath and other. [Swimming will help you to reduce your fat](#), weight, regular body aches etc. Nowadays, all cities, towns has swimming pool centers with well experienced trainers. Especially, children want to do swimming and play with water. Here we would like to share valuable tips that will help you when training and racing in the water.

Advice 1: Get help from a swimming 'buddy'

Your partner will help you to overcome your fear, doubts, motivate and practice. If you have competent swimmer as partner then no need to worry your partner will help a lot to have them in the water with you. Partner also called as swimming 'buddy'.






Your partner will reassure you about mistakes and practice.

Your partner can remind you of what you need to be doing and they can point out where you are making good progress with your stroke technique.

They can also hold you in specific positions whilst you get a feel for them.

Swimming tips!

From John Woolford, Head of Aquatics at the Australian International School (Singapore)

-  Beginner swimmers need to learn their natural buoyancy. Avoid wearing vests or floats that give false buoyancy.
-  Bathe newborns daily, pouring water from the back of their head running forward over the face, developing babies' natural reflex to shut their eyes and mouth.
-  Take professional lessons at least twice per week. It takes the average child at least two years to learn to swim well.
-  Going for regular swims (eg. half an hour four times a week) will help to make swimming a habit.
-  Don't forget to teach essential pool safety skills such as gripping the edge of the pool and climbing out of the pool.



Advice 2: Develop a feel for the water

Water is an alien environment to us. Something we're not used to.

Start off by simply learning how your body moves and feels in the water it has high importance.

In first days of practice you don't even need to try and float.

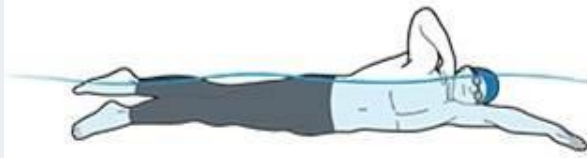
Practice sculling in shallow water to develop a feel for the water.

Stand in the shallow end with your hands in the water and start to move your hands and arms around gently.

Think about using your hands like paddles.

Push against the water and feel the pressure on your palms.

STYLES



FREESTYLE



BREASTSTROKE



BUTTERFLY



BACKSTROKE

As you get used to the above, try ducking down in the water and let it take some of your weight, all the time continuing to move your hands and arms.

Do this for about 5 minutes. Even when you are moving on to learning the freestyle action we recommend you start every session with this exercise.

We much prefer using a pool that is nice and warm for novice swimmers, a cold pool can add to feelings of anxiety.

Backstroke or Back Crawl Stroke

arms come out of the water and reach backward one at a time



legs move from hips in a flutter kick

hand in water pulls body through the water



Advice 3: Blow bubbles

The most important skill in freestyle is to be able to exhale freely into the water.

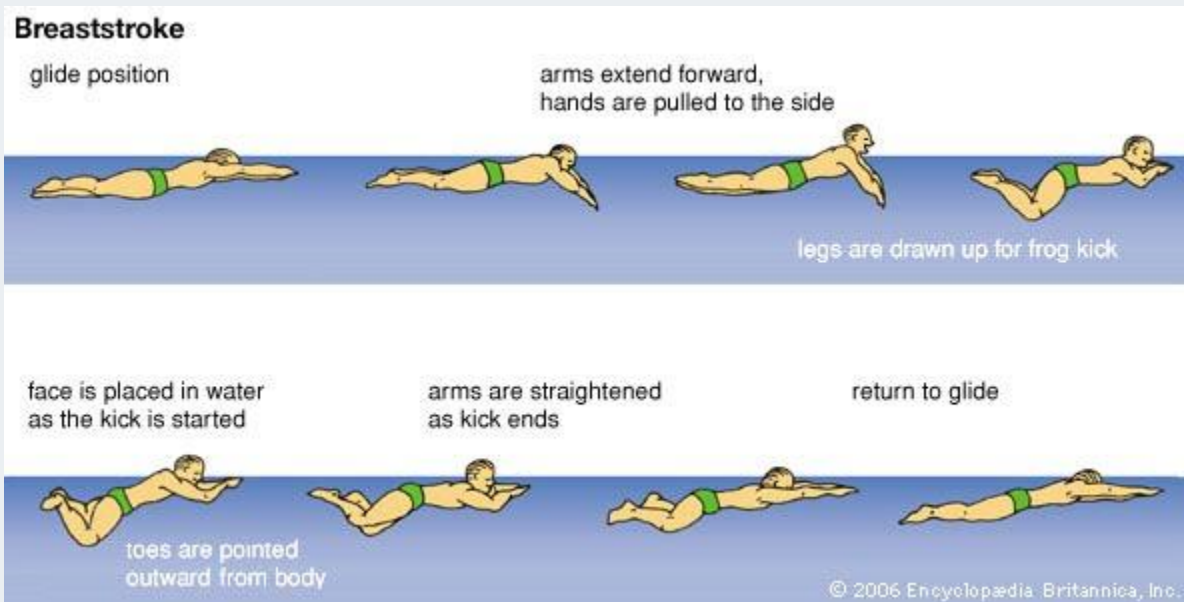
Most people instinctively hold their breath when their face is in the water.

This will make the stroke much tougher.

When you are swimming freestyle all exhalation should be into the water, so when you turn your head to breathe you only need to inhale. This is the secret of breathing in freestyle.

Holding your breath adds to feelings of anxiety and makes you more stressed.

Start in the shallow end and practice putting your face in the water and simply hum through your mouth or nose to create a long steady stream of bubbles.



As you get used to this you can develop things by crouching or sitting down to sink lower into the water.

If you become so relaxed that you start to feel yourself sinking this is great thing. It shows that you are building a good degree of confidence in the water.

Keep working on this skill. The habit and technique of exhaling into the water is very important.

Advice 4: Break things down into manageable chunks

Attempting to perform the full freestyle stroke without any preparation is a recipe for failure. The key to learning the stroke is to break things down into small manageable chunks.

In swimming coaching we do something called 'drills'. A drill is an exercise that allows you to practice one part of swimming technique without the difficulty of doing it all at once. Drills sometimes exaggerate a movement so that you can get a feel for it. Here are some drills we recommend you practice to develop your stroke technique:

Kicking on your front. With your arms stretched out in front of you and hands placed one on top of the other, kick down the pool.

Butterfly

hands enter the water
shoulder width apart

arms move outward
and downward

head breaks water
as arms push back



shoulders rotate bringing
arms around



On dry land practice your arm recovery technique. Lie on your side with the lower arm out in front of you.

Practice moving your top arm over and placing it into the 'water' in front of you. Keep your forearm and hand totally relaxed and lead the movement from your elbow.

Advice 5: Use fins

We recommend you invest in some swimming flippers (called 'fins' in swimming). These are smaller and more flexible than scuba diving flippers.

If you are buying fins, we recommend you get something mid-length and floppy.

Many of the fundamentals of freestyle swimming can be learnt more effectively with a little bit of extra propulsion from wearing fins.

Wear the fins for specific exercises, not all the time.

FRONT CRAWL TECHNIQUE

Keep your elbow slightly bent as you enter your hand into the water in front of you.

Look forward and down with the water level between your eyebrows and hairline.

Kick with a steady, small motion. Legs should be close together and ankles should be relaxed.

Keep your spine and head as still as possible and only move your head when you rotate to breath.

Reach your hand forward first before pulling back.

Warm up at the beginning of a session and warm down at the end of a session without them.

Some people believe that using fins in your swim training is cheating, we don't.