



Kirby Swim Presents

Bill Kirby's Swim Tips #2

The use of fins in our swimming program

“A safe child is one that can swim while being constantly supervised”

Kirby Swim's philosophy has been derived from elite level coaching techniques. Swimmers at international level use flippers(fins) to work on developing better swimming technique.

Fins make you swim faster, *easier*.

When wearing fins more focus can be placed **on technique** and less on staying afloat or getting to the other side of the pool.

We learn a lot by feel.

Flippers go a long way in getting swimmers to feel how it supposed to feel when swimming correctly/efficiently (as opposed to how it **ACTUALLY** feels).

When we take the fins off, the swimmers will then practice the same skills without fins remembering what it should feel like, developing better motor patterns/coordination.



Learning to swim with or without floaties?.

Bubbles and floaties are a great aid to help our little swimmers gain confidence and independence in the water. However, we have experienced that too much swimming with floatation aids can give children a *false sense of security* in and around water, *disturb the child's natural centre of buoyancy*, and become a major *emotional hurdle* when trying to swim without them. We agree that using them for short bursts (3-5minutes) is ideal in the development of independence and hence we use them in our infant aquatic program.

However in our Learn to Swim program (for swimmers 3yrs+) Kirby Swim uses platforms for children to feel safe and secure on. We start with these placed closely together, and as the swimmers progress the gap between the platforms increases in length.

The use of noodles and kick boards also accelerates the development of water confidence and independence. Our instructors will use these in between non-aided swims to get your children swimming



safer, sooner.

There is always a time where confidence is stronger than ability, this when swimming instructors get the most out of their swimmers and where parents need to be vigilant when watching their little ones swim. We choose not to use bubbles or floaties in our Learn to Swim program as we believe they actually slow down the time it takes to get swimmers safer in the water.

We realise your children are the most valuable assets you have and are proud to be chosen to teach your little ones how to swim. A safe child is one that can swim while being constantly supervised in the water whether in a swimming lesson or in and around any body of water.