

Download Swimming Coaching Manual Pdf

SWIMMING FOR ALL - SWIMMING FOR LIFE It is my great pleasure to introduce you this “Swimming for All, Swimming for Life – Learn how to swim, the basics” Manual, as part of Coaching Adult Fitness thru Swimming Adult aquatic fitness programs are for those individuals who have chosen aquatics as their means of exercise for a healthier lifestyle. Travellers Sports Manual: Coaching Swimming – page 3 of 9: 1-manual-swimming.doc - Issue 1 WATER SAFETY Water safety is essential. When volunteering on a Travellers swimming placement you might be teaching children of We recommend this manual to the representatives of certain athletic professions (physical education teachers, sports activity organisers, professionals of recreation) and to future sports professionals so that they learn about swimming and about the basics of swimming education.