

Swim Gym Fitness

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Video demonstration of Swim Gym Fitness swimming skills are available on the You Tube account titled SuzRockThisParty and on DVD.

The intent of this presentation is to offer a unique way for teachers to engage students in swimming skill acquisition without the use of a pool. There is limited information in the literature that provides strategies to practice swim stroke on land giving [the beginner, intermediate, advanced, and non-competitive swimmer] a kinesthetic awareness of the individual parts of each stroke to enhance skill development and/or refinement. In addition, demonstrating or assessing a swim stroke in water is visually difficult because both the water and the body obscure specific elements of the stroke.

Land-based training could offer students an opportunity to build a confident skill base before entering the pool. The training drills presented will allow physical educators to guide students through a series of swimming strokes executed on a physio-ball, at different intensity levels. Practicing the skills and techniques on the pool deck, during physical education class, or at home, may assist students with retention and skill development between practice sessions and help students learn strokes more efficiently and faster.

Below is a sample of the swim land training cards available at the session or by email. The stroke development cards have been created with children and adults.

## Swim Gym Fitness Land Training Front Crawl/Free Style

Level One: Sitting on the ball

### Step One (1)

Arms forward, thumbs down  
Palms turned facing out



Level Two: Prone on ball  
Knees on floor

### Step Two (2)

One arm pushed back, elbow  
“exits water” first, lift it high



Level Three

Prone on ball, toes on floor

### Step Three (3)

Alternate arms  
one pushes/pulls, other is recovering

