



## MISSION STATEMENT:

While, anyone can learn to swim, the ability to learn to swim well starts to close earlier than most people think. Though not impossible, it becomes more difficult to overcome fears associated with swimming as age increases. This is why it is so important to gain swimming experience and overcome these fears at a young age. We get people swimming as early as possible. This is the only sport that will save your life!

Learning to swim is a cooperative effort between teacher, student, and family. It requires time, effort, and a lot of patience. A student will only be able to learn to swim if they want to learn to swim. The key is convincing them that swimming is not only an essential life skill, but it is also a fun and rewarding experience. This is our goal at Kicks N Flips. We are here to save lives, promote a healthy, active lifestyle, and have fun doing it!

## SWIMMING TIPS:

\*Don't teach your swimmer to hold their breath. Always blow slow and steady bubbles when submerging. This will prevent water from being inhaled and/or swallowed. It will also help relax the lungs and chest muscles and will decrease anxiety and discomfort. Start out by blowing bubbles into a small surface area of water, like a cup. Next, progress to a larger surface area, like a ring. Finally, move on to a larger body of water, like a bath tub or a pool.



\*Having trouble with front floats? The face needs to be completely submerged under water. Tuck your chin down until it touches your chest. (remember to blow bubbles). Feet will begin to float off the bottom when this is done correctly. Imagine a teeter-totter. When you are at the top, where is your friend? (at the bottom) When your face/head is up and out of the water, your feet will always drop to the bottom. Submerging your face will bring your feet up to the top.



\*Having trouble with back floats: head needs to be back on top of the water, like on a pillow. (don't tip too far back, or you will dunk your head). Stomach and feet need to be up on top of the water. Muscles need to be relaxed, like when taking a nap. Still not floating? Move arms up above your head so your biceps are touching your ears.



\*Kicking, but not moving? Make sure your legs are mostly straight and that your toes are pointed away from you. (pencil legs w/ballerina toes). Keep legs at surface and only kick about 6 inches of water. Kick fast! (think of splashing water with the top of your feet, not your knees) The bigger the kicks and the more bent the legs, the more water you're kicking and the harder it becomes.

