
Qualitative findings from a 3-year baby/preschool swimming training: A two-year case study

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Research in the field of baby/preschool swimming teaching is scarce. The aim of the present study was to identify the components that might enhance or interrupt swimming teaching for this young and vulnerable age group. A brother (aged 3 years old) and sister (aged 2 years old) were trained for a 3-year period by two swimming teachers and a detailed video and written diary of the training sessions was kept about their daily progress. The frequency of the swimming lessons was 180 per year and the duration of each lesson ranged from 40 minutes to 2 hours. Qualitative content analysis of the videos and the diary confirmed that the use of songs, music, mimicking of cartoon heroes, the incorporation of fairytales in the lesson and parental participation are effective means for achieving progress and skill development. On the other hand, low water temperature, sun exposure in outdoor pools, presence of others (animals or people) doing other things outside the swimming setting are distracters from the aims of the lessons and should be avoided.

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