

## WHAT IS THE BRAINSWIM METHOD WE USE AT SK POSEIDON?

BrainSwim uses water to develop children's awareness and 360° movement control in water. This is done in a way that is not used in traditional swimming lessons.

BrainSwim's goal is to create sensory awareness for children and youth that can be used throughout life. You use what you learn in many different situations, at school, for exercise (in all sports), swimming skills, lifesaving and water safety.

Brainswim uses natural movements, flows, pressure and breathing as tools to experience the water, improve the sensation in water and ultimately learn to swim

### HOW DO WE WORK WITH BRAINSWIM?

We work with three areas that can often be linked together. We always divide the lesson into the different areas. With exercises, we increase awareness and movement control. We let the children and young people discover and experiment for themselves with the help of our guidance and the way we behave in the water. It is important that the children are ready for the exercises at all levels.

#### PHYSICS

We work with physics in the water so that the children can experience how the water affects the body in different situations. We work with exercises that let the children, for example, experience how the water affects you when you have to float, sink or stand on your hands.

#### PRESSURE AND FLOW

We work with pressure and flow so that the children can often experience and feel new things in the water. The exercises with pressure and flow must be performed at different speeds and with a focus on different parts of the body. The children should experience the rhythm of water in different ways.

#### BREATHING

We work with breathing because this creates security. The breathing exercises should be performed with an open mouth and a relaxed face.

### HOW DO WE TEACH BRAINSWIM?

#### We work from the water

We show, hold and make changes from the water. We do this so that the children can see, feel and understand better. You are also more involved as a leader in the water.

#### We teach when the children are focused

We teach when the children are looking at us and not talking. We want the children to always have the leader in focus if it is not "their own" time

#### We work with " Advance -Retreat"

We let the children try a more difficult exercise that is completely at the limit of their level and then we let them go back to an exercise they can handle and master. We repeat the pattern until the more difficult exercise is an exercise they can do and master.

#### We work with spatial awareness

We often let the children swim in narrow areas where they have to pay attention to their surroundings and adapt to the new conditions. This helps the children with better coordination and understanding of movement.

#### We work with coordination

In all our exercises, we work with coordination from the inside out. As leaders, we first look at the position and posture of the body and lastly at the arms and legs. The reason is that often if we correct the body, we also correct the arms and legs

