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**“Adapted Physical Activity and Sports - Youths for Youths”**  
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## **APAS SWIMMING TRAINING MATERIAL FOR PEOPLE WITH DISABILITIES**

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## Contents

FOREWORD .....	3
EXERCISES AND GAMES FOR 10 POINTS OF THE HALLIWICK METHOD .....	4
EXERCISES FOR SWIMMING TECHNIQUES.....	7
Exercises for the crawl technique training.....	7
Exercises for backstroke technique training .....	9
Exercises for breaststroke technique training .....	10
Exercises for butterfly stroke technique training.....	12
PLAN AND PROGRAM FOR 40 SWIMMING CLASSES .....	14
PLAN FOR 20 CLASSES OF THEORETICAL LECTURES .....	16
REFERENCES .....	17

## **FOREWORD**

The prepared training material for swimming instruction to people with disabilities is intended for swimming coaches, physical education teachers, recreationists and people who want to acquire knowledge in the field of swimming for people with disabilities.

The training material consists of descriptions of exercises for the Halliwick method of swimming learning for people with disabilities, then of the exercises used for learning and perfecting the swimming techniques of crawl, backstroke, breaststroke and butterfly. Within the exercise description, 46 exercises for the Halliwick method and 70 exercises for swimming techniques were presented.

According to the Halliwick method, swimming learning is performed without supporting props, while in learning and perfecting swimming techniques, props can be used to make it easier to perform swimming strokes and kicks. Here, above all, swimming kickboards, swimming pull buoy (buoys), fins, hand paddles, worms, belts, etc. are used. Depending on the abilities and possibilities of persons with disabilities, some of the listed props are used.

The curriculum for 40 hours of swimming consists of 15 hours for learning the Halliwick method, 24 hours for learning and improving swimming techniques and one hour in which testing of the acquired knowledge is performed.

The part related to theoretical classes is a schedule of theoretical lectures that should accompany or precede practical exercises.

# **EXERCISES AND GAMES FOR 10 POINTS OF THE HALLIWICK METHOD**

Halliwick method is a program for swimming learning and independent movements in water intended for people with disabilities, especially those with severe disabilities. Exercises and games from the Halliwick method will be presented through the 10 points that make up this program.

## **1. Mental adjustment - exercises and games**

Exercise 1. With the help of an instructor or independently, swimmers walk in the water in different directions.

Exercise 2. Formation of a circle, moving forward to make a smaller circle and moving backwards to expand the circle.

Exercise 3. Snake game. Moving in a row through the water like a snake in different directions.

Exercise 4. Bicycle game. The swimmer rides the bicycle with his or her legs, palms and forearms resting on the palms and forearms of the instructor behind him or her.

Exercise 5. Breathing exercise, make bubbles on the surface of the water by blowing through the mouth or nose.

Exercise 6. Breathing exercise, alternately blowing through the mouth and nose.

Exercise 7. Breathing exercises, say the names of the swimmers while blowing into the water.

Exercise 8. Breathing exercises, immersing the whole face and head in water with breathing.

## **2. Sagittal rotation control - exercises and games**

Exercise 9. Steps to the side (step by step).

Exercise 10. Bicycle game with a sudden change of direction.

Exercise 11. Moving step by step in a circle with a sudden change of direction.

Exercise 12. Clock game. The instructor holds the swimmer floating on his or her back by the thighs and turns him or her to the right or left as a clock hand.

## **3. Transversal rotation control - exercises and games**

Exercise 13. The instructor holds the swimmer by the hands who performs jumps with rotation control.

Exercise 14. From the position of the chair (the swimmer sits as if on a chair with the arms outstretched forward), transition to floating on the stomach with the head above the water and returning to the starting position. The instructor holds the swimmer by the arms.

Exercise 15. From the chair position, move to floating on the stomach with the head in the water and return to the chair position with or without the help of the instructor.

Exercise 16. From the position of the chair, the transition to floating on the back with the help of the instructor who holds the swimmer behind the shoulder.

Exercise 17. Game sun, wind and rain. Swimmers and instructors are alternately arranged in a circle formation. At the word "Sun", swimmers switch to floating on their backs. At the word "Wind", they switch to floating on the stomach and blow into the water. At the word "Rain" and in the same position, the swimmers alternately kick.

Exercise 18. Game Catch someone else's feet. Instructors hold the swimmers by the shoulders floating on their backs in a circle with their feet touching. At the "Now" sign, swimmers quickly perform a transverse rotation with the task of catching other people's feet.

#### **4. Longitudinal rotation control - exercises and games**

Exercise 19. The swimmer floats on the back, then rotates by 90°, makes bubbles on the surface of the water and returns to the starting position. The instructor holds him or her in the pelvic area all the time.

Exercise 20. The same as the previous exercise, except that the swimmer's arms are bent over the chest.

Exercise 21. The swimmer floats on the back and then rotates 360° with the help of the instructor who holds the swimmer by the shoulders and takes a step out of a half-squat and rotates around his axis, rotating the swimmer with his hands. The swimmer's head is above the water all the time.

Exercise 22. A swimmer floats on the back with one hand over the chest and rotates 360° with the help of the instructor holding him or her in the pelvic area. The swimmer's head goes through the water and makes bubbles.

Exercise 23. Game Tick-tock. The instructors are in a circle behind the swimmers and each holds his or her swimmer behind the shoulder. At the tick sign, swimmers rotate to one side, and at the tock sign to the other side around the longitudinal axis of the body.

Exercise 24. Rotation around the longitudinal axis in a vertical position inside the instructor's arms making a semicircle.

Exercise 25. Play adding items in a row. Swimmers float on their backs lined up next to each other. The first swimmer has a hoop or other object that he or she passes to the next swimmer by turning for 90°. The instructors are behind the swimmers and help them rotate.

#### **5. Combined rotation control - exercises and games**

Exercise 26. Sagittal and longitudinal rotation. The swimmer goes from the standing position first to the side (sagittal rotation), and then to the floating position on the back (longitudinal rotation). The instructor is in front of them and holds them by the shoulders.

Exercise 27. Transverse and longitudinal rotation. The swimmer from a standing position goes to floating on the stomach (transverse rotation), and then to floating on the back (longitudinal rotation). The instructor stands in front of the swimmer, holding the swimmer's right hand with his right hand and assisting in the rotation.

Exercise 28. Independent rotation. The swimmer from the chair position goes to floating on the stomach (transverse rotation). He or she then moves to the back position (longitudinal rotation), and then performs the transverse rotation again and returns to the chair position.

## **6. Upthrust - exercises and games**

Exercise 29. With adherence to the instructor's hands, the swimmer gradually moves from the shallower to the deeper part of the pool and returns.

Exercise 30. The swimmer and the instructor hold each other by the shoulders, dive together and return to the surface of the water.

Exercise 31. Play Pirate's treasure. Collecting hoops (objects) from the bottom of the pool.

## **7. Balance in stillness - exercises and games**

Exercise 32. Maintaining balance in the chair position. If the body moves backwards, the head and arms should be moved forward. If the body moves to one side, move the head and body to the other side.

Exercise 33. Maintaining balance in floating on the back. If the legs sink, raise your arms above your head or to the side.

Exercise 34. Maintaining balance in a vertical position. Throw your head back and raise your arms to the side.

Exercise 35. Swimmers walk or run in the pool. At the instructor's signal, they stop quickly, trying to maintain a stable standing position.

Exercise 36. The swimmer is in a standing position. With various hand movements in the water next to the swimmer, the instructor tries to disturb his or her balance.

Exercise 37. The swimmer is in the chair position. With various hand movements in the water next to the swimmer, the instructor tries to disturb his or her balance.

Exercise 38. The swimmer floats on the back. With various hand movements in the water next to the swimmer, the instructor tries to disturb his or her balance.

## **8. Turbulent gliding - exercises and games**

Exercise 39. The instructor is behind the swimmer and holds him or her by the shoulders. The swimmer moves backwards floating on the back with the help of the instructor who walks backwards. The instructor then releases the swimmer, who continues the started movement by floating on the back.

Exercise 40. The instructor is behind the swimmer and with the movements of his hands under the swimmer's back and head creates turbulence which moves the swimmer on the water floating on the back.

Exercise 41. The same as Exercise 40, except that now the movement of the instructor is alternately in both directions, and that movement is followed by the swimmer floating on the back.

## **9. Simple progression - exercises and games**

Exercise 42. The swimmer swims on the back with the small amplitude strokes next to his or her hips. The instructor helps them by holding them by their legs.

Exercise 43. The swimmer swims on his or her back using turbulent movements created by the instructor behind his or her head. After the established movement, the swimmer continues to swim independently with the small amplitude strokes next to the hips.

Exercise 44. The swimmer swims independently on the back, performing small amplitude strokes next to the hips.

## **10. Basic (Halliwick) movement**

Exercise 45. The swimmer swims on the back with simultaneous arm strokes that begin to stroke slightly above or at the head's height and end the stroke to the hips or thighs, then return to the starting position above the water as close to its surface as possible, for a new stroke.

Exercise 46. The same as the previous exercise with alternating kicks as for backstroke technique.

# **EXERCISES FOR SWIMMING TECHNIQUES**

Exercises are the basis for learning and improving swimming techniques. This section will describe the exercises used for learning and improving the crawl, breaststroke, backstroke and butterfly swimming techniques.

## **Exercises for the crawl technique training**

Exercise 1. The swimmer is sitting on the ground, leaning back on his or her arms, simulating the crawl kick technique with the outstretched legs.

Exercise 2. The swimmer sits on the edge of the pool, leaning back on his or her arms and with outstretched legs simulates the crawl kick technique.

Exercise 3. The swimmer is in the pool in a horizontal position on his or her chest, holding the edge of the pool with his or her hands and with the outstretched legs simulating the crawl kick technique. The task is to work only with the legs, with proper movements from the hips. The head is located in the line of the spine and between the arms, air is taken by raising the head upwards.

Exercise 4. The swimmer is in a horizontal position on his or her chest holding a swimming board with both hands. The task is to work only with the legs, with proper movements from the hips, without moving the arms. The position of the head and the way of taking air is the same as in the previous exercise.

Exercise 5. The swimmer is in a horizontal position on his or her chest with the arms outstretched above his or her head, the palms are over each other, the body stretched and



tightened (arrow position, streamline). The task is to work only with the legs, with proper movements from the hips. The head is located in the line of the spine and between the arms, air is taken by raising the head upwards. The kicks is continuous, the surface of the water is between the eyebrows and the forehead. When taking in air, there must be no movement in the hips, while the kick work is intensified so that there is no fall due to taking in air.

Exercise 6. The swimmer is in a horizontal position on the chest with one arm extended above the head and the other next to the body, the head is in the line of the spine, air is taken by rotating the head to the side where the arm is close to the body. The swimmer does a crawl kick with his or her legs without a kickboard, and the kicks are uninterrupted.

Exercise 7. The swimmer is in a horizontal position on the chest with both hands next to the body, the head is in the line of the spine, the air is taken by rotating the head to one side and then to the other. The crawl kick is continuous.

Exercise 8. The swimmer is outside the pool and on dry exercises the stroke with only one arm while the other is located next to the body. The stroke is done by moving the palm downwards and then backwards so that the angle at the elbow joint is about 90° after which the hand is pushed backwards, the trajectory of the stroke looks like the letter S.

Exercise 9. The swimmer is outside the pool and on a dry exercises the stroke with both hands alternately.

Exercise 10. The swimmer is in a horizontal position in the pool and exercises the stroke with one hand only while the other hand is next to the body and performs kicks. The task is to place the palm at the beginning of the stroke, while the arm is extended above the head, so that it is parallel to the bottom of the pool. The stroke is done by moving the palm towards the bottom of the pool and back towards the feet so that the angle at the elbow joint is about 90° after which the water is pushed down next to the thigh, with the trajectory of the stroke looks like the letter S. One section is swum with only one hand, while the other hand is next to the body. Repeat the exercise several times with hand changes.

Exercise 11. The swimmer is on his or her side with one arm extended above the head and the other next to the body, the head is in the line of the spine and the view is directed towards the bottom of the pool, after 12 kicks the swimmer performs only one stroke cycle and comes to the position as at the beginning of the exercise rotated to the other side.

Exercise 12. The same as the previous exercise, except that the change is made after 6 kicks.

Exercise 13. The same as the previous exercise, except that the change is made after 3 kicks.

Exercise 14. The swimmer is in a horizontal position on chest, performs kicks and strokes, with both hands, but according to the principle of "Catch-up drill". The first third of the stroke is done without rotation, the second and third with the rotation of the body. The task is to adjust the elbow as soon as possible at an angle of 90° in the first third of the stroke. The elbow must never lead the stroke in the first 2/3 of the stroke. The exercise can also be performed with the supporting props (paddles) in order to increase the pressure on the water.

Exercise 15. The swimmer is in a horizontal position on his or her chest as in the previous exercise with the task of moving the arms with hands through the water in the recovery phase in order to get the feeling of a high elbow.

Exercise 16. The swimmer is in a horizontal position on his or her chest with the head above the water, the task is to move the hands as close to the surface of the water as possible in the return phase of the stroke. In this exercise, arm work is done according to the principle of "kayak" rowing.

Exercise 17. The swimmer is in a horizontal position on his or her chest, performing the crawl strokes without kicks, with a pull buoy between the legs.

Exercise 18. The swimmer is in a horizontal position on the chest, performing kicks and strokes with both arms with the task of inhaling at every third stroke. The task is to maintain the first third of the stroke without rotating the body. And the second and third thirds of the stroke are done with rotation, the hand should move as close as possible to the longitudinal axis of the body with continuous acceleration.

Crawl kick exercises for 5, 6, 7 and 8 can also be performed with the use of swimming fins.

### **Exercises for backstroke technique training**

Exercise 1. The swimmer is sitting on the ground, leaning back on his or her arms and with outstretched legs simulates the backstroke kick technique.

Exercise 2. The swimmer sits on the edge of the pool, the support is behind, on his or her arms and with outstretched legs simulates the backstroke technique work.

Exercise 3. The swimmer is in a horizontal position on his or her back with the arms outstretched above the head, palms are on top of each other, the body stretched (arrow position, streamline). The task is only to kick, with proper movements from the hips. The head is located in the line of the spine, between the arms.

Exercise 4. The swimmer is in a horizontal position on his or her back with the hands next to the body. The task is to only to kick, with correct movements from the hips, without moving the arms. The head is in the spine line.

Exercise 5. The swimmer is in a horizontal position on the side with one arm extended above the head and the other next to the body, performing the kicks only, with regular movements from the hips, without moving the arms. The head is located in the spine line and next to the outstretched arm. Repeat the exercise on the other side.

Exercise 6. The swimmer is on the side with his or her hands next to the body. The task is only to kick, the head is in the spine line and does not move. After 12 kicks, the swimmer rotates and takes a position on the other side, the head remains calm and care is taken to ensure that the rotation is fast.

Exercise 7. It is performed the same as the previous one, except that the rotation of the body is after 6 kicks.

Exercise 8. The swimmer is outside the pool and on dry exercises strokes with only one hand while the other hand is next to the body. The task is to place the palm at the beginning, while the hand is extended above the head, so that the little finger is turned back. The stroke is performed by moving the palm backwards and downwards so that the angle at the elbow joint is 90°, after which the movement of the palm is performed downwards, with the trajectory of the stroke resembling the letter S.

Exercise 9. The swimmer is outside the pool and on a dry exercises strokes with both hands alternately. The task is to place the palm of the hand that is extended above the head so that the little finger is turned back and the palm of the hand that is next to the body is placed so that the thumb is turned forward. The stroke is done by both arms working alternately.

Exercise 10. The swimmer is in a horizontal position on his or her back in the pool and practices strokes with one arm only while the other is placed next to the body. The task is to place the palm at the beginning, while the arm is extended above the head, so that the little finger is facing the bottom of the pool. The stroke is performed by moving the palm towards the bottom of the pool and back towards the feet so that the angle at the elbow joint is 90°, after which the palm is moved downwards next to the thigh, with the trajectory of the stroke resembling the letter S. The other arm is placed next to the body.

Exercise 11. The swimmer is on his or her side with one arm extended above the head and the other placed next to the body. After 12 kicks the swimmer performs only one cycle of stroke and comes to the position as at the beginning of the exercise rotated to the other side.

Exercise 12. The same as the previous exercise, except that three cycles of strokes are performed after 6 kicks.

Exercise 13. The same as the previous exercise, except that three cycles of strokes are performed after 3 kicks.

Exercise 14. The swimmer is in a horizontal position on his or her back performing strokes with arms without kicking and holding the buoys between the legs.

Exercise 15. The swimmer is in a horizontal position on his or her back, performing strokes with arms and the help of paddles and alternating kicks.

Exercise 16. The swimmer is in a horizontal position and swims backstroke technique with alternating arm strokes and kicks.

Backstroke kick exercises 3, 4, 5, 6 and 7 can also be performed with the use of swimming fins.

### **Exercises for breaststroke technique training**

Exercise 1. The swimmer sits on the edge of the pool, leaning back on his or her arms and imitating breaststroke kicks in the water.

Exercise 2. The swimmer lies on his or her stomach on the edge of the pool and imitates breaststroke kicks in the water.

Exercise 3. The swimmer is in the pool in a horizontal position on his or her chest, holding the edge of the pool with the hands and with outstretched legs simulating the breaststroke kicking by moving the heels towards the seating part of the body, in the end position rotating the feet to the side and pushing backwards with the inside of lower legs and feet until the legs are joined. The task is to work only with the legs so that the knees do not extend more than the width of the hips. The head is located in the spine line, between the arms, air is taken by raising the head upwards.

Exercise 4. The swimmer is in a horizontal position on his or her chest holding a swimming board with both hands. The task is the same as in the previous exercise - only kicks are done.

Exercise 5. The swimmer is in a horizontal position on his or her back holding a swimming board with both hands. The task is to do kicks with both legs simultaneously. The head is located in the spine line.

Exercise 6. The swimmer is on a dry, curved at the hip joint bent forward. He or she stretches the arms forward, then simulates the breast strokes by turning his or her palms to the side at the beginning of the stroke and pushing them outwards until the palms cross the shoulder girdle height line, after which he or she pushes back to the chest height line and returning the arms joined to the outstretched position forward.

Exercise 7. The swimmer is on a dry, curved at the hip joint bent forward. He or she simulates the breaststrokes technique with arms so as to make a heart-shaped movement.

Exercise 8. The swimmer lies on his or her stomach on the bench, simulating strokes with arms so as to make a heart-shaped movement.

Exercise 9. The swimmer is in a shallow pool with water up to the waist, simulating breaststroke techniques as described in Exercises 7 and 8. The head is in the spine line and between the arms, air is taken at the moment when the arms begin to return forward.

Exercise 10. The swimmer is in a shallow pool with water up to the waist. The task is to walk from edge to edge with the head in the water, and simulate strokes for the breaststroke technique.

Exercise 11. The swimmer is in a horizontal position on his or her chest. After pushing away from the edge of the pool, the swimmer has the task to make one kick after three strokes with the arms.

Exercise 12. The swimmer is in a horizontal position on his or her chest, after pushing away from the edge of the pool, the swimmer has the task to do one stroke with the arms after three kicks.

Exercise 13. The swimmer is in a horizontal position on his or her chest, after pushing away from the edge of the pool, the swimmer has the task of breaststroke technique arm work while kicking with the butterfly technique.

Exercise 14. The swimmer is in a horizontal position on his or her chest, after pushing away from the edge of the pool, the swimmer has the task of breaststroke technique arm work while kicking with the crawl technique.

Exercise 15. The swimmer is in a horizontal position on his or her chest, after pushing away from the edge of the pool, the swimmer has the task to do one stroke with the arms, then one kick and spend three seconds in sliding, after which he repeats the same exercise.

Exercise 16. The swimmer is in a horizontal position on his or her chest and swims the whole breaststroke technique, using the swimming paddles.

Exercise 17. The swimmer is in a horizontal position on his or her chest and swims the whole breaststroke technique.

### **Exercises for butterfly stroke technique training**

Exercise 1. The swimmer stands on the ground and performs hip movements with the whole body.

Exercise 2. The swimmer sits on the edge of the pool, leaning back on his or her arms and with outstretched legs simulates the kicks for the butterfly technique. The task is that the legs are joined and that together they move from the hips and knees - up and down.

Exercise 3. The swimmer is in the pool in a horizontal position on his or her chest, holding the edge of the pool with the hands and with outstretched legs simulating the kicks of the butterfly technique. The task is to work only with the legs, with proper movements from the hips. The head is located in the spine line, between the arms.

Exercise 4. The swimmer is in a horizontal position on his or her chest holding a swimming board with both hands. The task is to work only with the legs, with correct movements from the hips, without moving the arms. The head is located in the spine line and between the arms and air taken by raising the head upwards.

Exercise 5. The swimmer is in a horizontal position on his or her back with the arms outstretched above the head. The task is to work with both leg at the same time, with regular movements from the hips, without moving the arms. The head is facing the water in the spine line.

Exercise 6. The swimmer is in a horizontal position on the side with one arm extended above the head and the other next to the body, performing work with both legs at the same time, with regular movements from the hips, without moving the arms. The head is located in the line of the spine.

Exercise 7. The swimmer is on a dry curved at the hip joint bent forward with the arms outstretched forward. From this position, then use both arms to simulate the butterfly technique strokes so as to form a keyhole-like shape.

Exercise 8. The swimmer lies on the stomach on a bench, simulating strokes with the arms so that they make a shape similar to a keyhole.

Exercise 9. The swimmer is in a shallow pool with water up to the waist, curved at the hip joint bent forward with the head in the water. Then he or she simulates strokes with both arms for the butterfly technique. The head is located in the line of the spine and between the arms and air taken at the end of the stroke, by lifting the head upwards.

Exercise 10. The swimmer is in a shallow pool with water up to the waist. The task is to walk from edge to edge with the head in the water and simulate the butterfly technique strokes with both arms. The head is located in the line of the spine and between the arms and air taken at the end of the stroke, by lifting the head upwards.

Exercise 11. The swimmer is in a horizontal position on his or her chest. After pushing away from the edge of the pool he or she has the task to work with only one arm so that for one stroke he or she makes two butterfly technique kicks; the first stroke is at the beginning and the second is at the end of the stroke. The exercise is repeated with both arms.

Exercise 12. The swimmer is in a horizontal position on his or her chest. After pushing away from the edge of the pool he or she has the task to perform three strokes with one arm and three strokes with the other arm (3-3), so that for one stroke he or she makes two butterfly kicks; the first stroke is at the beginning of the stroke while the other is at the end of the stroke. The head is placed in the line of the spine and the air taken at the end of the stroke, by lifting the head up or to the side.

Exercise 13. The same as the previous exercise, except that the swimmer performs two strokes with one arm and then two strokes with the other (2-2).

Exercise 14. The same as the previous exercise, except that the swimmer performs one stroke with one arm and then one stroke with the other (1-1).

Exercise 15. The swimmer is in a horizontal position on his or her chest. After pushing away from the edge of the pool he or she has the task to perform three strokes with one, three strokes with the other and three strokes with both arms (3-3-3), so that for one stroke there are two butterfly kicks. The first kick is at the beginning while the second is at the end of the stroke. The head is located in the line of the spine and the air is taken at the end of the stroke, lifting the head up or to the side.

Exercise 16. The same as the previous exercise, except that the swimmer has the task to perform two strokes with one, two strokes with the other, and then two strokes with both arms (2-2-2).

Exercise 17. The same as the previous exercise, except that the swimmer has the task to perform one stroke with one, one stroke with the other, and then one stroke with both arms (1-1-1).

Exercise 18. The swimmer swims the whole butterfly technique for as long as possible without taking in air. He or she makes two kicks at every stroke. The first kick is at the beginning, and the second at the end of the stroke.

Exercise 19. The swimmer swims the whole butterfly technique. He or she makes two kicks at every stroke. The first kick is at the beginning and the second at the end of the stroke. The head is located in the line of the spine and the air taken at the end of the stroke, raising the head up or to the side.

Leg exercises for butterfly stroke technique 4, 5 and 6 can also be performed with the use of swimming fins.

## PLAN AND PROGRAM FOR 40 SWIMMING CLASSES

The plan and program will include exercises for each individual lesson. The exercises will be arranged by numbers as marked in the previous part of the training material. The exercises refer to what needs to be done in the main part of the class. When it comes to the introductory and final part of the class, various shaping exercises are used, which are also used in other forms of physical exercise and activities. The number of repetitions for each exercise is not determined, because individual dosing is planned in relation to the swimmer's abilities. However, approximately each exercise should be repeated at least 10 times in one to two series.

Table 1. Classes of Halliwick method

<b>Classes</b>	<b>Halliwick method</b>
1 <sup>st</sup> class	Exercise 1, Exercise 2, Exercise 3, Exercise 4, Exercise 5, Exercise 6, Exercise 7, Exercise 8
2 <sup>nd</sup> class	Exercise 3, Exercise 4, Exercise 8, Exercise 9, Exercise 10, Exercise 11, Exercise 12.
3 <sup>rd</sup> class	Exercise 8, Exercise 10, Exercise 13, Exercise 14, Exercise 15, Exercise 16, Exercise 17, Exercise 18.
4 <sup>th</sup> class	Exercise 8, Exercise 19, Exercise 20, Exercise 21, Exercise 22, Exercise 23, Exercise 24, Exercise 25.
5 <sup>th</sup> class	Exercise 8, Exercise 10, Exercise 12; Exercise 15, Exercise 16, Exercise 22, Exercise 24.
6 <sup>th</sup> class	Exercise 8, Exercise 11, Exercise 15, Exercise 16, Exercise 22, Exercise 26, Exercise 27, Exercise 28.
7 <sup>th</sup> class	Exercise 8, Exercise 26, Exercise 27, Exercise 28, Exercise 29, Exercise 30, Exercise 31.
8 <sup>th</sup> class	Exercise 8, Exercise 32, Exercise 33, Exercise 34, Exercise 35, Exercise 36, Exercise 37, Exercise 38.
9 <sup>th</sup> class	Exercise 8, Exercise 36, Exercise 37, Exercise 38, Exercise 39, Exercise 40, Exercise 41.
10 <sup>th</sup> class	Exercise 8, Exercise 36, Exercise 37, Exercise 38, Exercise 39, Exercise 40, Exercise 41.
11 <sup>th</sup> class	Exercise 8, Exercise 39, Exercise 40, Exercise 41, Exercise 42, Exercise 43, Exercise 44.
12 <sup>th</sup> class	Exercise 8, Exercise 42, Exercise 43, Exercise 44, Exercise 45, Exercise 46.
13 <sup>th</sup> class	Exercise 8, Exercise 42, Exercise 43, Exercise 44, Exercise 45, Exercise 46.
14 <sup>th</sup> class	Exercise 8, Exercise 10, Exercise 15, Exercise 21, Exercise 28, Exercise 30, Exercise 37, Exercise 40, Exercise 44, Exercise 45.
15 <sup>th</sup> class	Exercise 7, Exercise 12, Exercise 16, Exercise 22, Exercise 28, Exercise 30, Exercise 38, Exercise 41, Exercise 44, Exercise 46.

Table 2. Swimming Technique Classes

<b>Classes</b>	<b>Crawl Technique</b>
16 <sup>th</sup> class	Exercise 1, Exercise 2, Exercise 3, Exercise 4, Exercise 5, Exercise 6.
17 <sup>th</sup> class	Exercise 2, Exercise 3, Exercise 4, Exercise 5, Exercise 6, Exercise 8, Exercise 9, Exercise 10, Exercise 18.
18 <sup>th</sup> class	Exercise 4, Exercise 5, Exercise 7, Exercise 8, Exercise 9, Exercise 10, Exercise 14, Exercise 18.
19 <sup>th</sup> class	Exercise 4, Exercise 5, Exercise 9, Exercise 10, Exercise 11, Exercise 12, Exercise 13, Exercise 14, Exercise 18.
20 <sup>th</sup> class	Exercise 5, Exercise 7, Exercise 9, Exercise 10, Exercise 14, Exercise 15, Exercise 16, Exercise 18.
21 <sup>st</sup> class	Exercise 5, Exercise 13, Exercise 14, Exercise 15, Exercise 16, Exercise 17, Exercise 18.
	<b>Backstroke Technique</b>
22 <sup>nd</sup> class	Exercise 1, Exercise 2, Exercise 3, Exercise 4, Exercise 5.
23 <sup>rd</sup> class	Exercise 2, Exercise 3, Exercise 4, Exercise 5, Exercise 8, Exercise 9, Exercise 16.
24 <sup>th</sup> class	Exercise 3, Exercise 4, Exercise 5, Exercise 8, Exercise 9, Exercise 10, Exercise 16.
25 <sup>th</sup> class	Exercise 3, Exercise 6, Exercise 7, Exercise 9, Exercise 10, Exercise 14, Exercise 16.
26 <sup>th</sup> class	Exercise 3, Exercise 11, Exercise 12, Exercise 13, Exercise 15, Exercise 16.
27 <sup>th</sup> class	Exercise 3, Exercise 9, Exercise 10, Exercise 13, Exercise 14, Exercise 15, Exercise 16.
	<b>Breaststroke Technique</b>
28 <sup>th</sup> class	Exercise 1, Exercise 2, Exercise 3, Exercise 4, Exercise 5.
29 <sup>th</sup> class	Exercise 2, Exercise 3, Exercise 4, Exercise 5, Exercise 6, Exercise 7, Exercise 8, Exercise 9.
30 <sup>th</sup> class	Exercise 2, Exercise 3, Exercise 5, Exercise 7, Exercise 8, Exercise 9, Exercise 10, Exercise 11, Exercise 15.
31 <sup>st</sup> class	Exercise 3, Exercise 4, Exercise 9, Exercise 10, Exercise 11, Exercise 12, Exercise 15.
32 <sup>nd</sup> class	Exercise 4, Exercise 5, Exercise 10, Exercise 11, Exercise 12, Exercise 13, Exercise 15.
33 <sup>rd</sup> class	Exercise 4, Exercise 10, Exercise 11, Exercise 13, Exercise 14, Exercise 15.
	<b>Butterfly Technique</b>
34 <sup>th</sup> class	Exercise 1, Exercise 2, Exercise 3, Exercise 4, Exercise 5.
35 <sup>th</sup> class	Exercise 1, Exercise 3, Exercise 4, Exercise 5, Exercise 6, Exercise 7, Exercise 18.
36 <sup>th</sup> class	Exercise 3, Exercise 4, Exercise 5, Exercise 6, Exercise 7, Exercise 8, Exercise 9, Exercise 10, Exercise 18.



37 <sup>th</sup> class	Exercise 4, Exercise 6, Exercise 7, Exercise 9, Exercise 10, Exercise 11, Exercise 18, Exercise 19.
38 <sup>th</sup> class	Exercise 4, Exercise 11, Exercise 12, Exercise 13, Exercise 14, Exercise 18, Exercise 19.
39 <sup>th</sup> class	Exercise 4, Exercise 7, Exercise 8, Exercise 15, Exercise 16, Exercise 17, Exercise 19.
	<b>Evaluating the acquired knowledge</b>
40 <sup>th</sup> class	Last exercises for Halliwick method and four swimming techniques.

## PLAN FOR 20 CLASSES OF THEORETICAL LECTURES

The plan for theoretical teaching includes a sequence of lectures for 20 classes which should enable coaches, swimming instructors, physical education teachers and beginners in this field to acquire basic knowledge in the field of swimming for people with disabilities.

Table 3. Schedule of theoretical classes

Number	Lesson titles	Number of classes
1.	Pathology of certain forms of disabilities	2
2.	Paralympic swimming	1
3.	Classification in Paralympic swimming	2
4.	Crawl swimming technique	3
5.	Backstroke swimming technique	3
6.	Breaststroke swimming technique	3
7.	Butterfly stroke swimming technique	3
8.	Halliwick method	2
9.	WOTA 2 test used for evaluating swimming abilities	1

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