

The acquisition of aquatic skills in preschool children: deep vs shallow water swimming lessons



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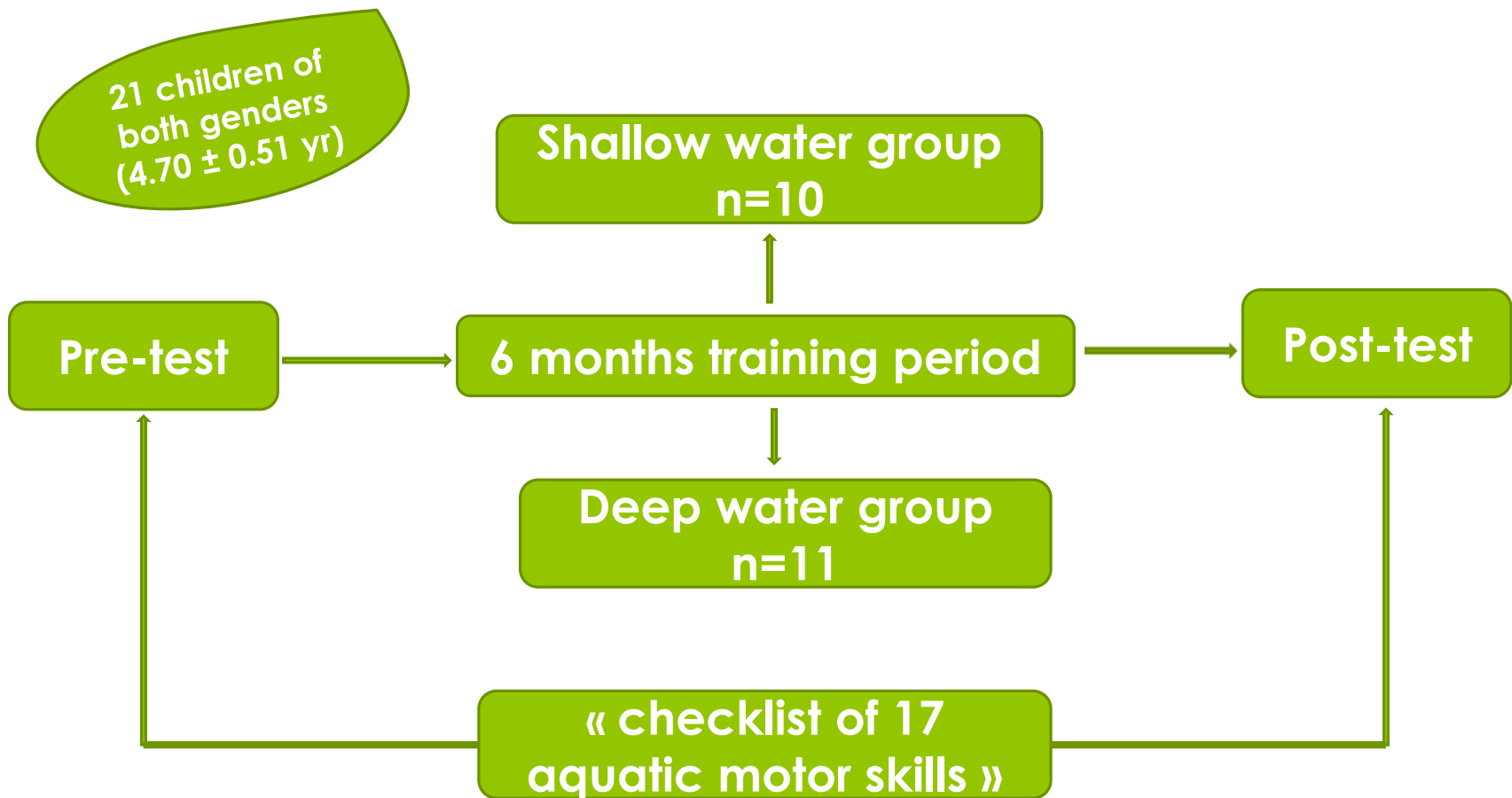


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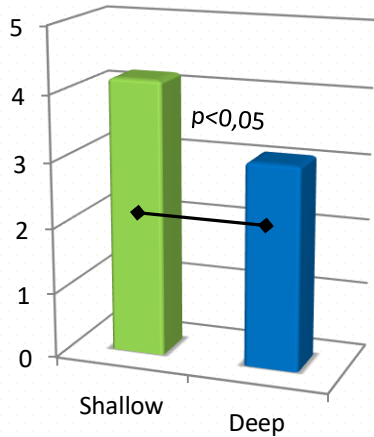
- o **Purpose:** to determine the effect of deep vs shallow water differences on developing preschooler's aquatic skills after 6 months of practice.



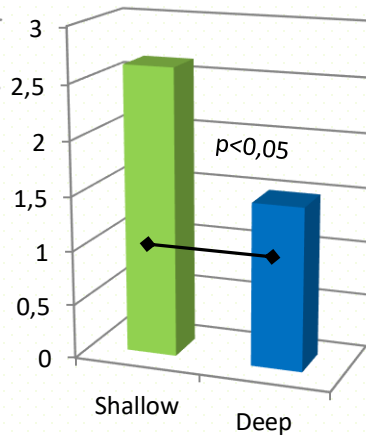
Results

- Shallow water group reveals superior improvements in 5 aquatic skills.

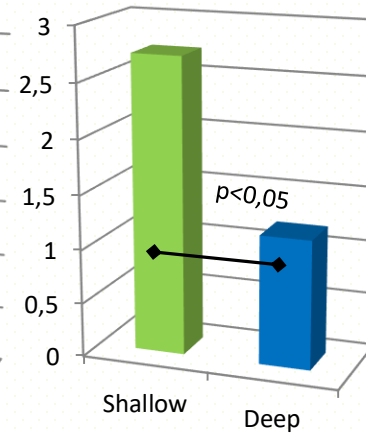
Skill 3



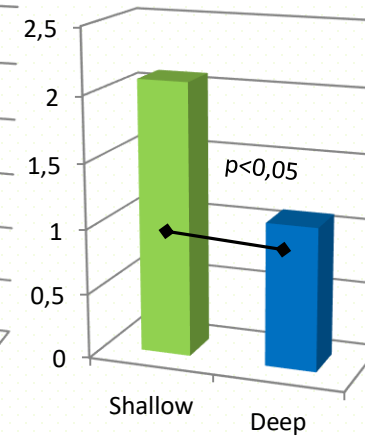
Skill 4



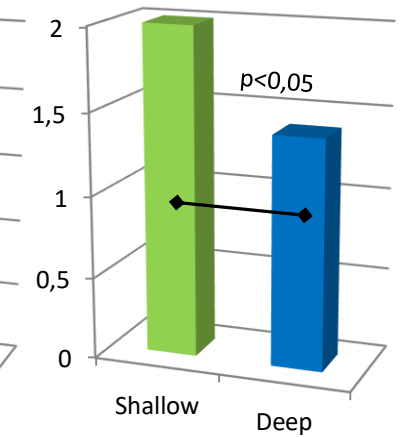
Skill 5



Skill 6



Skill 10



Breath control - immersion of the face and eye opening

Horizontal buoyancy

Body position at ventral gliding

Body position at dorsal gliding

Ventral leg kick without any flutter

Conclusion

- Shallow water is more efficient to develop aquatic skills at the children beginner's level.
- The body position at ventral gliding seems to be the main significant predictor.