



MERMAIDS
FOR
INCLUSION



Co-funded by the
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SOCIAL INCLUSION THROUGH FINSWIMMING

GROUP

LEVEL OF TRAINEES

DATE

LESSON 4

Finswimming technique & best practices: Part A

LESSON GOALS

- **Understand** the benefits of finswimming for cardiovascular fitness, muscular endurance, and overall health.
- **Learn how** to properly fit and use fins, goggles, and a snorkel for safe and effective finswimming.
- **Develop proper technique** for finswimming, including body position, dolphin kick, and arm strokes.

INCLUSION ACTIVITIES

Mentorship Programs: Pair up younger or newer athletes with older or more experienced athletes to create mentorship programs. This helps build a sense of community and allows for skill-sharing and support.

FURTHER RESOURCES

Videos

STRUCTURE

1. Introduction

Explain what finswimming is and its benefits

Emphasize the importance of proper technique and equipment when practicing finswimming

2. Equipment and Safety

Demonstrate how to properly fit and use fins, goggles, and a snorkel

Discuss safety precautions when swimming with fins, including staying aware of other swimmers and avoiding shallow areas

3. Basic Technique

Demonstrate the proper body position and movements for finswimming, including dolphin kick and arm strokes

Provide individualized feedback and corrections as students practice the techniques

TOOLS/ EQUIPMENT

Monofin: A monofin is a single, blade-like fin that attaches to both feet and propels the swimmer through the water. It is a key piece of equipment for finswimmers.

Fins: In addition to the monofin, finswimmers also use regular swim fins on their feet for added propulsion and control.

Snorkel: A snorkel is a tube that allows the swimmer to breathe while their face is submerged in the water. It helps finswimmers maintain proper body position and swim more efficiently.

Mask: A mask is used to protect the swimmer's eyes and provide clear vision underwater.

Wetsuit: Finswimmers often wear wetsuits to stay warm and reduce drag in the water. A full-body wetsuit is usually recommended, although some athletes may opt for a wetsuit top and bottom.

Swim Cap: A swim cap is used to keep the swimmer's hair out of their face and to reduce drag in the water.

Timing Equipment: In competitive finswimming, timing equipment is used to measure the swimmer's speed and time. This may include electronic timing systems or manual stopwatches.