

LEARN TO SWIM 2014

Half of the country's 10 year-olds can't swim.
That's why we'll be teaching 7,000 children how to
feel safe in the water again this year.



SVØMME
AKSJONEN



GjensidigeStiftelsen

FAR TOO MANY CHILDREN DON'T GET THE SWIMMING LESSONS THEY ARE ENTITLED TO

Half of the country's 10 year-olds can't swim. That means that at least 150,000 children from the first to the fifth grade can't swim. Despite the fact that schools are responsible for providing swimming lessons, there are many children who don't get the training they are entitled to. One of the challenges is that the government has not actually defined what it means to be able to swim.

This means that there is no way to measure a school's ability to provide swimming lessons. As a result, swimming lessons are not prioritised.

The Gjensidige Foundation has been focusing on this issue for several years with its Learn to Swim campaigns and up to now, we have taught nearly 48,000 children how to be safe in the water. And we will be running our Learn to Swim campaign again this year too. The need is much greater than our capacity, but we can provide swimming lessons to around 7,000 children, who often take their first strokes during our lessons.

How to apply to the Gjensidige Foundation for a swimming package

You can apply to the Gjensidige Foundation for a free swimming package, i.e. swimming lessons for a group of 15 children.

Lessons are held in and around the water for approx. two hours per day for five consecutive days. Only children who are not safe in the water and who are unable to attend regular swimming lessons are eligible. The Gjensidige Foundation covers the cost of two instructors from member clubs of and at pools run by the Norwegian Swimming Federation.

You can find more information and our online application form at svommeaksjonen.no

Apply for free swimming lessons now!



The aim of the Learn to Swim campaign is to provide free swimming lessons to the children who need it most. So, our volunteers need to prioritise those whose water safety is at risk.

Eligibility guidelines:

- 6-year-olds (last year in kindergarten) are prioritised
- Children of immigrants are prioritised
- Lessons are not intended to replace mandated school swimming lessons
- Our campaign aims to be nationwide

Swimming lessons are arranged by the Norwegian Swimming Federation

The Norwegian Swimming Federation is our partner in the Learn to Swim campaign. In addition to being responsible for providing lessons, their member clubs also coordinate and organise the lessons. Across the country, 112 local swim clubs provide lessons for the Learn to Swim campaign.

You can apply at svommeaksjonen.no from 18 March 2014

The application deadline is 22 April 2014

Swimming lessons will be held over 5 days between 19 May to 29 June 2014



TEACH your own and other people's children to swim!

Many children learn to swim without participating in organised swimming lessons. They learn to swim through frequent visits to swimming pools or beaches.

Through play and with some help from parents or other adults they learn to take their first strokes. The most important thing is to get children in the water often.

Then, they will feel safe in the water and quickly learn to swim 200 meters, which is the Swimming Federation's minimum requirement to be considered able to swim.

Here are some tips for safe and good swimming lessons

- Emphasise learning to feel at ease in the water. Children who don't dare to put their face in the water, will also have trouble learning to swim.
- Take familiar 'land' games and bring them into the water. "What time is it Mr Wolf?" "London Bridge is falling down", etc.
- Use the objects that sink and the children can pick them up from the bottom.
- When children feel safe in the water, you can start with exercises to help them learn to swim. Start with learning to go under water. Practice breathing in – going under the water – holding your breath – looking around – coming up – breathing out and in.
- The next step is learning to float. In order to float, as much of the body as possible must be under the water. Children should learn to float on their back and stomach, and breathe in and out while floating on their backs.
- The third step is to learn to glide through the water. The idea is to reduce water resistance as much as possible, by making the body as straight as possible.
- Finally, they can practice swimming on their own. The children use their hands, arms, and feet, to learn to move forward. Focus on learning the back crawl and front crawl first because it is easiest for children.

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Read more on svommeaksjonen.no