



# Swimming for People With Disabilities (Other Sports)

*Association of Swimming Therapy, Elizabeth Dendy*

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*Association of Swimming Therapy, Elizabet Dendy*

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First published as "Swimming for the Disabled", this book is the official publication of the Association of Swimming Therapy. The book illustrates the Halliwick Method, a method of teaching swimming which, though over 40 years old, is still developing in response to technical advances in teaching style. Aimed at club helpers and instructors, leaders of school and hospital swimming sessions, and teachers at sports and training centres, the book stresses the enormous sense of satisfaction and achievement that can be derived by swimming. The method emphasises ability in the water, rather than disability on dry land. There are detailed sections on how to build a swimmer's confidence, how to teach breath control, and how to conduct correct entries and exits at the pool. There are also clear outlines of over 30 games and activities that will benefit and enliven any swimming session. Very importantly, there is a chapter that deals with the various mental and physical disabilities that may affect teaching style.

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