



## How much swimming training is correct for my child?

This is without doubt the biggest question in swimming today and is probably the most important question ever asked in the sport.

We have created the following to help point you in the correct path for your child...

No – your child is not Michael Phelps' on his comeback as he pushed towards Olympic Gold in 2016

And No – it's certainly not about anyone else other than your child

## Guide into what is required to reach a level

Swimmer level	Sessions per week
Learn to Swim	1
School / second sport	2 - 3
District level	3 - 4
State Championships	4 - 5

The Biggest Question in Swimming is.....

## How Much Swimming Training is Right?

Any of these options will provide a fun environment that will encourage and support your child to become the best person that can be... as a general rule for fitness if a child swims 2 to 4 times a week after 6 weeks they will notice a huge difference.

### Once a week per week

Pros	Cons
<ul style="list-style-type: none"> <li>- Coaches set workouts and plan programs</li> <li>- Technique is developed (slowly)</li> <li>- Little commitment required</li> <li>- Enjoy the team environment</li> </ul>	<ul style="list-style-type: none"> <li>- Friendships hard to develop</li> <li>- Improvement and results are slow</li> <li>- many don't feel part of the community</li> <li>- Are more likely to stop</li> </ul>

### Twice or more per week

Pros	Cons
<ul style="list-style-type: none"> <li>- Coaches set workouts and plan programs</li> <li>- Technique is developed (faster)</li> <li>- Time is available to work on the little things</li> <li>- Friendships develop quickly</li> <li>- Enjoy the team environment</li> <li>- Improvement is noticeable</li> <li>- Regular ongoing feedback received</li> <li>- Children feel part of the community</li> <li>- Opportunity to join the swimming club</li> <li>- Confidence to become a leader</li> </ul>	<ul style="list-style-type: none"> <li>- Commitment required</li> <li>- Lack of free time for other activities</li> </ul>

**The right amount of training for your child  
is whatever makes them happy**