

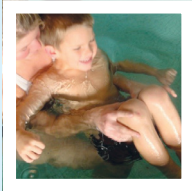
Great Ideas for Summer Fun in the Pool

MOLLY MAYS, PT

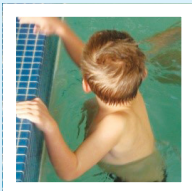
Swimming is a great way to have fun in the summer. It is usually safe for people with hemophilia, even if severe joint disease is present. Water takes away some body weight and can offer resistance, which helps you become stronger.

Swimming laps is wonderful exercise and tossing the ball at the pool is also great fun. But here are some new ideas to try.

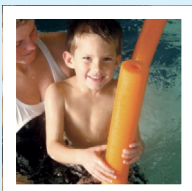
For Younger Swimmers:



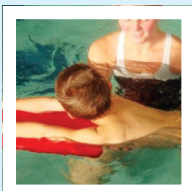
Help your child put their feet on the pool wall with knees bent. Count to three, then walk backward when they “blast off.” Help your child swim back so they can blast off again.



While holding on to the pool wall, have your child use their hands and feet to “monkey crawl” all the way to the end. Or, have them try a “monkey jump” by pushing legs off the wall, jumping down to the pool floor and back to the wall.

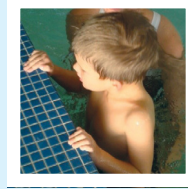


Help your child balance while they straddle a noodle. They can hold on with hands and kick across the pool as if on a “water bike,” or squeeze the noodle with legs and “seahorse” swim across using only arms.

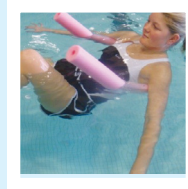


Kickboards help your child focus exclusively on leg work. Encourage them to kick with straighter knees using more hip motion. Your child can also hug the kickboard to learn to float on their back. Or, help your child sit and balance on it to build stomach muscles.

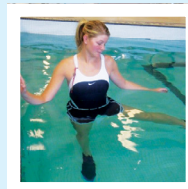
For Older Swimmers:



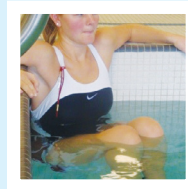
In deeper water, hold on to pool wall and do pull-ups. Try to keep your body straight but knees bent. Build up to doing 20 pull-ups.



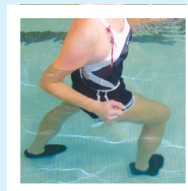
Use a pool noodle to kick forward or backward across the pool.



In waist-deep water, hold on to the pool wall, keeping the body tall. Do leg lifts on each side, front, back or across the body. Tighten both stomach muscles and muscles in the leg that is down to help with balance. Build up to completing 20 leg lifts.



In deep water, use arms to grip the pool corner. Tighten stomach muscles and tuck knees to chest, then push straight down, keeping legs together. Build up to completing this 20 times.



In chest-deep water, practice running in place or running forward. Build up to running for 10 minutes.

Remember, whether you are swimming in a backyard pool or in a lake, teach children to swim with an adult. Older, more experienced swimmers should swim with a partner every time. From the first time your kids swim, teach children to never go near or in water without an adult present.