

THE HALLIWICK CONCEPT

Although originally called a 'Method', the Halliwick Concept is more than just a means of teaching swimming. The term 'Concept' was later used to encompass all aspects of the swimmer's development, physical, psychological and social.



As James MacMillan (known as 'Mac') said, "the mind, the body and the spirit". 'Concept' also reflects the dynamic nature of our work, developing as our knowledge increases and our experience widens.

Halliwick is based on principles of hydrostatics, hydrodynamics and kinesiology. It is an holistic approach, bringing together knowledge about: the water and the body; teaching and learning; motivation; challenge; activities, games and music; group dynamics; disability equality issues and swimming strokes.

Swimmers are taught on a one-to-one ratio until complete independence is achieved but each pair is a unit within a group activity so that the swimmer gains advantage of group work but also gaining from the constant attention of an individual instructor. No flotation aids are used so the swimmer is able to discover their own balanced position in the water by learning to deal with any problems of imbalance.

The structure of teaching is the **Ten Point Programme**. Points 1 & 2 are *Mental Adjustment*, which includes breathing control and relaxation, and *Disengagement*, the process of becoming independent in the water. Both are points the swimmer has to deal with as each new skill is introduced. The control of *rotational* forces are covered by points 3 to 6, then comes learning about *Upthrust*, *Balance* and *Turbulent gliding* (points 7 to 9) and finally *Propulsion*. Point 10 is a simple progression and a basic swimming stroke

THE TEN POINT PROGRAMME

The Ten Point Programme was devised by James McMillan to teach swimming to all. It is the basis of the Halliwick Concept and gives areas to work at in the water. It also acts as an assessment guide. The Ten Points follow a logical pattern but there is a great deal of overlap in the points. All points must be mastered to produce a swimmer who is truly 'water happy'.



The ten points are:

- 1 Mental adjustment
- 2 Disengagement
- 3 Transversal (formerly vertical) rotation control
- 4 Sagittal rotation control
- 5 Longitudinal (formerly lateral) rotation control
- 6 Combined rotation control
- 7 Upthrust
- 8 Balance in stillness
- 9 Turbulent gliding
- 10 Simple Progression and a basic stroke

Through the ten points we can see a process of development through mental adjustment, balance control and movement which leads to personal independence in the water. These three concepts - mental adjustment, balance control and movement - are the essential components of motor learning.

HALLIWICK Foundation Course:

This is the basic course in the Halliwick Concept consisting of **4-days training** (or its equivalent in hours) and includes both theory and pool work. Most courses are held over 2 weekends, but it is possible to run courses over a block of 4-day or over a series of evenings, if lecturers are available.

The aim of the **Days 1 & 2** of training is to enable instructors to have a knowledge of and practice a concept of teaching people of all ages with special needs to be as competent and independent as possible in the water.

The aim of the **Days 3 & 4** of training is to consolidate knowledge and practice gained over the first 2-days and to devise, plan and record groups and games to promote swimmer's progress.