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Matt Adcock, experienced swimmer, surfer and internationally qualified Swim Teacher is now providing swimming lessons here in Hua Hin. **By Zara Adcock**



## Learn to Swim in Hua Hin

*Matt is a fully qualified, internationally accredited swim teacher now providing swimming lessons in Hua Hin. He has swum competitively as well as for personal enjoyment in pools and oceans all his life. This month I was able to speak with Matt and find out about his beliefs and his goals for teaching swimming in Hua Hin...*

### What inspired you to teach swimming in Hua Hin?

I have always enjoyed swimming and I am grateful that I learnt as a toddler. When I first moved here with my wife and 2 children, we stayed in a condo and every week I noticed someone attempting to swim some laps and struggling due to a lack of technique. In Australia, there are more Swim Schools than 7/11 stores, and most people will begin learning to swim at 6 months of age. Once I realised that the closest Swim School to Hua Hin was in Bangkok, I knew I wanted to do something about that.

### How have the people of Hua Hin responded to this so far?

Well I am only just getting started really, but so far response has been very positive. I have students of all ages from babies to adults, participating in private swimming lessons and others wanting to join group classes.

### Why do you believe swimming is such a valuable skill for life?

The ability to swim well can enable you to confidently enjoy many other aquatic activities. I probably wouldn't have become an experienced surfer if I hadn't been a strong swimmer first. We are surrounded by water in Hua Hin and have access to snorkelling and diving sites, as well as a fabulous water park. Plus, the ability to swim well could possibly save a life one day.

### How long does it normally take for a child to learn to swim?

It takes years to develop an efficient swimming stroke. View it as long term process. My belief is that it is best for children to attend swimming lessons year round for proper development of their aquatic skills. It is worth making swimming lessons a regular part of a child's weekly routine through their infant, preschool and early school years, along with whatever other activities and sports they may participate in. Swimming has been proven to be beneficial to the physical and mental development of a child, and if they are able to learn at their own pace, practicing skills appropriate to their level, they will do well.

### Once a child has learnt to swim well, can they still benefit from swim lessons?

Of course, from the age of about 8 and up, we can offer squad training and coaching for good swimmers that are interested in either becoming more competitive, or simply want to reap the physical benefits gained by regular swimming training. I have been communicating with Swimming clubs in Bangkok, and hope to take some swimmers there later in the year to gain some competitive experience. In fact, I look forward to starting a swimming club here in Hua Hin as soon as I have enough people interested.

### How would you teach someone with a fear of water?

Everyone can be taught using the same progressive teaching methods, regardless of their age or confidence level. The only difference is those with a fear of the water need more time and more reassurance, and they need to know that they can trust you. I would encourage anyone with apprehension about swimming to come and talk with me, and possibly watch a lesson. Fear of water is acquired as children grow older, the longer a child is kept away from the water the more likely they are to develop aqua-phobia. I like to start teaching children from as young as 12 months of age, but parents can begin introducing their baby to water from a much younger age.

### If a student can already swim, but has had no formal training, is it still worth them learning with Swim Hua Hin?

Absolutely, students are unlikely to be able to swim far without becoming exhausted, unless they have acquired the correct techniques. Swimming when done correctly is a fantastic form of exercise that works the whole body and improves cardiovascular fitness.

### Are you able to teach students how to move in moving water such as the ocean?

For safety reasons, all swimming lessons are taught in pools. However, once a student can swim, I could certainly help them with some ocean swimming and I can even offer swim survival and rescue training.

*For more information and to read some true testimonials, visit his website [www.swimhuahin.com](http://www.swimhuahin.com) or Matt can be contacted via phone on 082 591 1250 or 086 530 7955 or email [swimhuahin@gmail.com](mailto:swimhuahin@gmail.com)*