

Enhancement of internal and external awareness, by:

Measuring equilibrium and orientation within a specific aquatic space-time.

Enhancing equilibrium and dynamic quality: stability in floating, precise control of submersions and emergences, and smooth water navigation; graceful propulsion, efficient and essential motor skills; seamless coordination between individuals and the water environment.

The enhancement of kinesthetic senses—touch, sight, and hearing—through varied stimuli provided by a water-based environment as opposed to on land.

The exploration and mastery of subjective sensations can lead to objective outcomes seen in underwater experiments and controlled breathing techniques.

Optimizing the psycho-physical balance and energy distribution in both rest and motion: a critical analysis and evaluation of contributions during immersion and emergence, emphasizing the volume, freedom of movement, and flexibility of each body part

Recognizing the challenges and support water offers in every swimming situation; comprehending personal abilities and boundaries, and effectively utilizing energy to align with the desired action.

Aquawareness is about fostering a deeper connection with water through body sensations and perceptions.

In summary, the primary objectives are:

1. Enhancing Body/Water Awareness: Encouraging swimmers to be mindful of their static floating, immersion, movements, breathing, and how their body interacts with the water, and then:
2. Swimming: Improvement of swimming skills and abilities, and then:
3. Promoting Relaxation: Using water as a medium for relaxation and stress relief, and then:
4. Rediscovering Sensations: Recapturing the primordial experiences of being in water, similar to the sensations felt in the womb, and then:
5. Improving Mental Presence: Turning swimming into a form of floating meditation,

increasing overall awareness, and then:

6. Connecting with Nature: Encouraging a sense of oneness with the natural element of water.

General Objectives: Enhance physical and mental self-respect and autonomy concerning the environment and others. Develop the ability to engage in relationships that are recognitive, co-creative, and interactive. Promote individual and social responsibility and safety.

Core Objectives: Empowerment, security, and most importantly, mastery of water survival.

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