

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

Enhancement of internal and external awareness.

Enhancement of the kinesthetic senses—tactile, visual, and auditory—through diverse stimuli offered by a water-based environment compared to the earth.

Exploration and mastery of subjective sensations yield objective results provided by the water during underwater experiments and controlled breathing modulations.

Optimization of psycho-physical balance and energy distribution in states of rest and motion: a critical analysis and evaluation of contributions during immersion and emergence, focusing on the volume, degree of freedom, and flexibility of each body part

Awareness of the obstacles and assistance provided by water in all swimming scenarios; understanding one's personal abilities and limits, and the efficient use of energy aligned with the intended action.

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.

General objectives: An increase in physical, mental self-respect and autonomy with regards to the environment and to others; of the capacity to relate in a manner which is cognitive and co-creative, interactive way; fostering individual and social responsibility and safety.

Core objectives: freedom, safety, and above all, water survival.

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