

## ***Abstract:***

**Subject matter:** Training optimization of swimming of school-age children

**Objectives:** The main goal of this research work is to suggest a model of advanced swimming training lessons with school-age children. Swimming training is practised in deep swimming pool. Next goal is to create an inventory of games and game disciplines which are suitable for training in deep water. Through the analysis of specialized literature and realization of experimental education we will be able to formulate new pieces of knowledge and introduce practical experience as a recommendation for practice.

**Method:** The research work will observe swimming skills of school-age children within the advanced swimming training. The method of direct participant observation, measurement and scaling will be used.

**Results:** Check on a model training we find out that advanced swimming training practised in deep water requires modifications of didactic methods of swimming skill training and swimming locomotion. Constant training of basic swimming skills, well-considered practises on a shore, motivational games and game disciplines are considered as the most important on the advanced swimming training.

**Key words:** advanced swimming training, games, game disciplines, deep swimming pool/water, unsuitable swimming conditions