

WILLING neW skILLs In fiNswimming

An Erasmus+ Mobility of Sports Staff



Whats Fin Swimming?

- competitive water sport where athletes use fins (monofins or bifins) and snorkels to swim at high speeds, either on the water's surface or underwater, in pools or open water.

Monofin Swimming?

- athletes use a single large fin (monofin) worn on both feet to propel themselves with a dolphin-like motion, maximizing speed and efficiency. It's performed on the surface or underwater, combining power, core strength, and streamlined technique for competitive or training purposes.

OBJECTIVES OF OUR PROJECT:

- 1. Develop Coaching & Technical Skills**
- 2. Promote Social Inclusion Through Sport**
- 3. Strengthen Organizational Capacity**
- 4. Create Educational Resources**
- 5. Support Long-Term Development**

ASOCIATIA SPORTIVA ROMISCARE

About the Organization:

Non-profit sport fin swimming federation based in Corbeanca, Ilfov, Romania. It is the only CMAS-affiliated organization in Romania dedicated to finswimming. Established in 2020, its mission is to promote sport as a tool for social inclusion, especially among vulnerable children, youth at risk of poverty, and marginalized communities.





KOMET **FINSWIMMING** **CLUB**

About the Organization:

KOMET is a specialized finswimming club based in Zagreb, Croatia, established in 2007. It is run by Rubes Levada, a former world-class finswimmer and experienced coach and sport project manager. KOMET has led or participated in multiple Erasmus+ projects and is actively involved in finswimming development across Europe and Africa.

1. Apnea

LOCATION ——— Underwater

GEAR ——— Monofin only

KEY TECHNIQUE — One breath, dolphin kick

DISTANCES ——— 50m

2. Surface

LOCATION ——— On surface

GEAR ——— Monofin/Bifins + Snorkel

KEY TECHNIQUE — Dolphin or Flutter Kick

DISTANCES ——— 50–1500m

3. Immersion

LOCATION ——— Underwater

GEAR ——— Monofin only+ Air Bottle

KEY TECHNIQUE — Wide double kicks

DISTANCES ——— 100m, 400m

5. Long Distance

LOCATION ——— Underwater

GEAR ——— Monofin or Bifins

KEY TECHNIQUE — Free style, orientation

DISTANCES ——— 6km, 4x3km relays

Project OverVIEW



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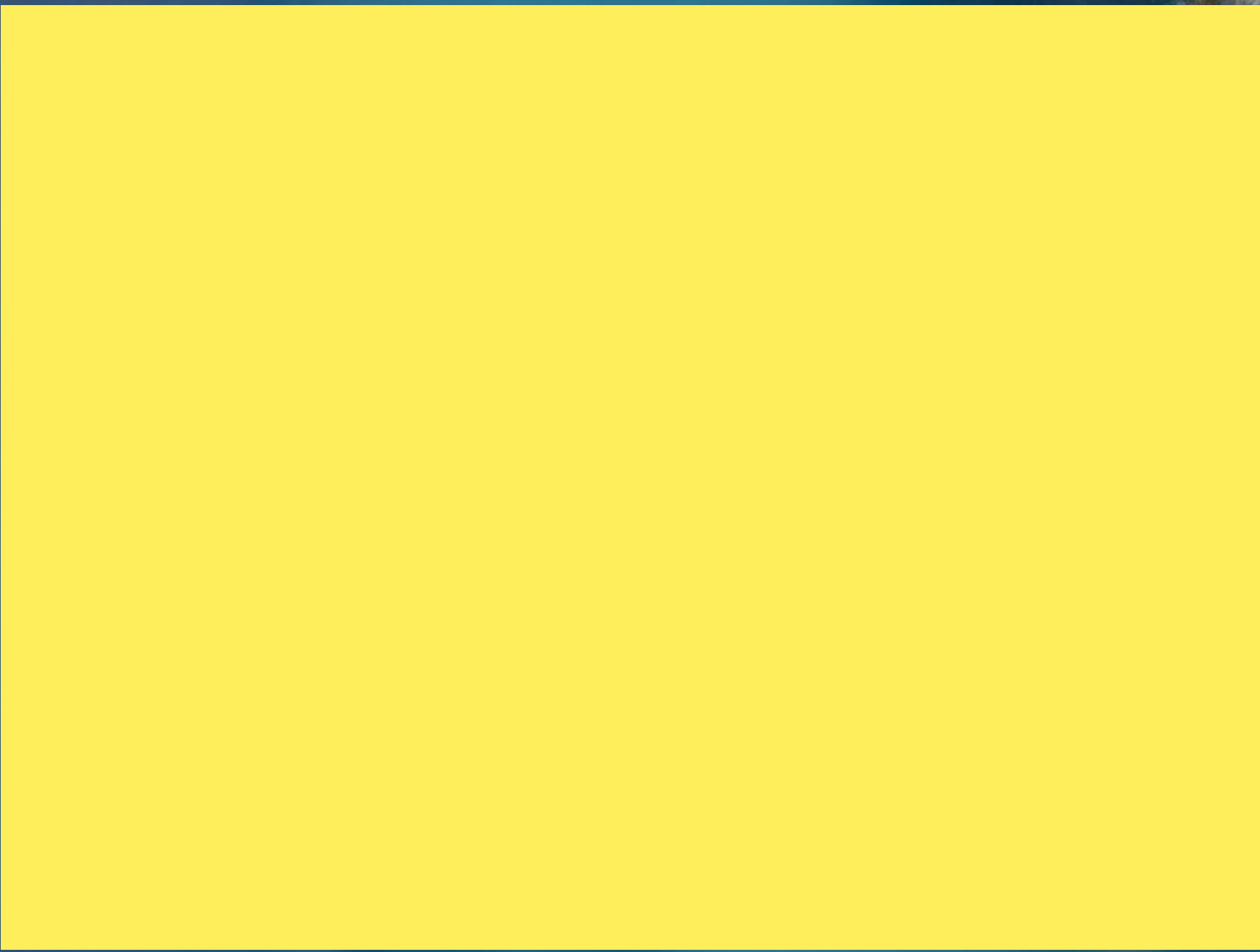


The WILLING project promotes social inclusion and skill development through finswimming. It begins with selecting and preparing 10 Romanian sport staff for a 3-day job shadowing experience in Croatia, where they learn coaching methods, finswimming techniques, and inclusive practices.

Back in Romania, they apply these skills in local training, organize community events, and help create a booklet and video to promote the sport. The project ends with outreach, evaluation, and steps toward building a national finswimming network.

Apnea Swimming

Apnea finswimming is a short but intense discipline requiring athletes to swim 50 meters underwater on a single breath. Learning focuses on breath-hold development, dolphin kick power, and mental discipline. Training combines static apnea (holding breath without movement), dynamic apnea (with fins), and dry exercises for lung capacity. Swimmers practice proper monofin propulsion, smooth entries, and body control. Due to blackout risks, apnea should always be trained under supervision, emphasizing safety and awareness along with technique and explosiveness.



Finswimmer keeps the breathe for 50m while trying to achieve the fastest speed a person can reach in water.


The finswimmer first has to touch the wall, then he can emerge with the face.

The technique is a sequence of very strong and quick kicks but also very precise, both downwards and upwards.

This discipline requires very hard monofins and explosive strength of finswimmers.

Surface Swimming

To learn surface finswimming, athletes focus on body alignment, streamline technique, and efficient kicking using monofins or bifins. The snorkel is essential for continuous breathing, requiring good coordination. Training includes underwater starts (up to 15m), flip turns, and sprint or endurance intervals. Beginners start in shallow pools, progressing to advanced drills that build leg power, breath control, and fluid movement. Maintaining balance, rhythm, and speed while minimizing drag is key to mastering this fast-paced surface discipline.



Finswimmer swims with a monofin on surface, breathing with a snorkel. The style is very particular, comprehensive of keeping arms in so called streamline, and strong bowel / legs kicks

It is allowed to be under water up to 15m after each jump and flip

Depending on the length of the distance, different monofins are used, softer for longer and harder for shorter distances.

Immersion Swimming

Immersion finswimming is learned by training underwater with a monofin and a small air bottle. Swimmers must control breathing, balance, and propulsion while staying submerged for distances like 100m or 400m. The focus is on powerful, wide dolphin kicks, smooth turns, and efficient air use. Handling the bottle and maintaining hydrodynamics require practice. Athletes train breathing techniques, deep muscle engagement, and technical awareness. Mastery involves combining physical endurance with precise underwater skills and adapting to equipment constraints.



Finswimmer holds a bottle filled with air (0,5 up to 3 litres), and can breathe during the competition, while being all the time under water.

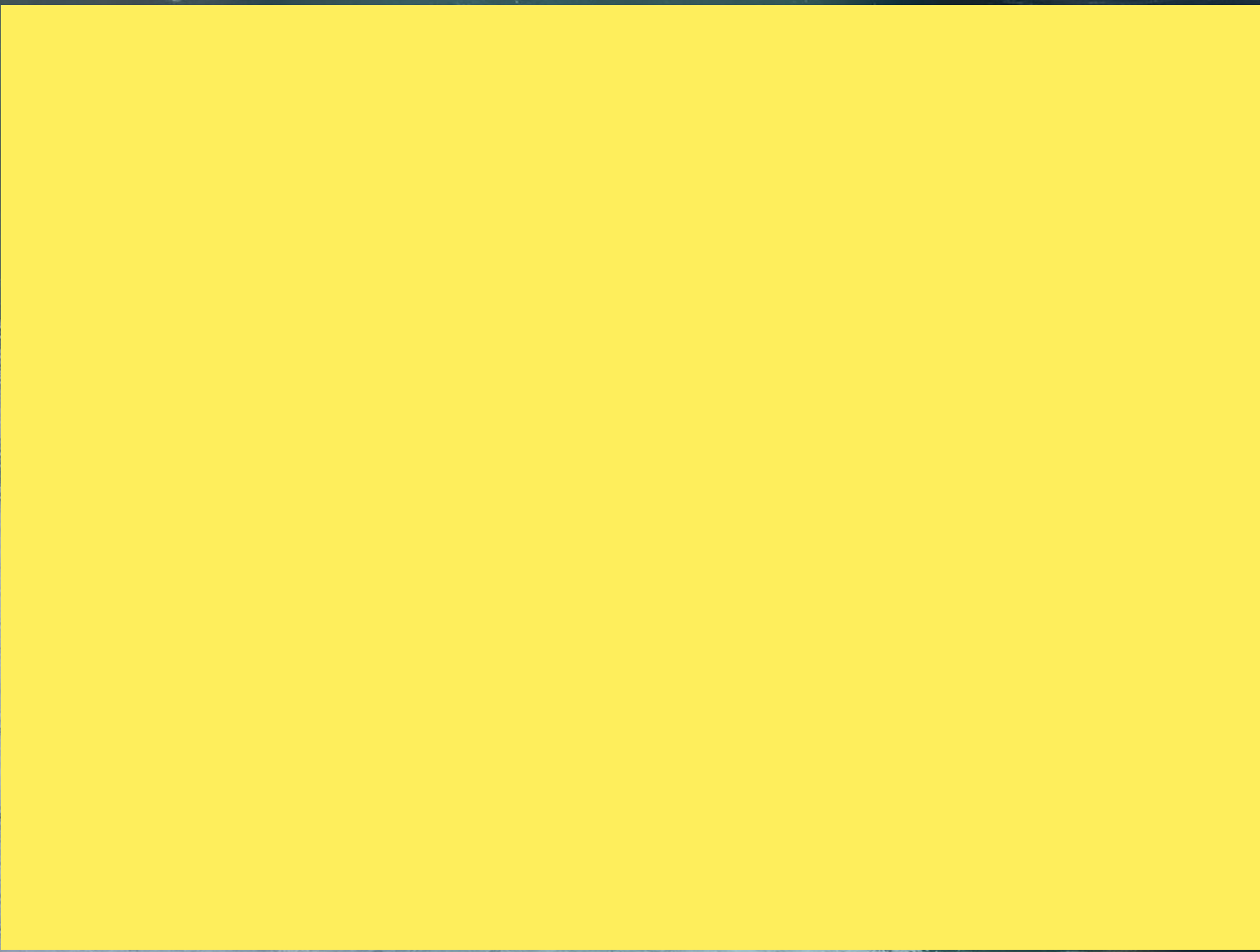
Only for the flips it's allowed to emerge with parts of the body, except the face.

The technique is a wider and stronger double kick, both downwards and upwards.

A very demanding technique for the jump, for holding the bottle, for the flip and the finish.

Long Distance Swimming

Long-distance finswimming teaches athletes to swim several kilometers in open water using monofins or bifins. Training emphasizes stamina, technique efficiency, and navigation. Swimmers learn to lift their head for orientation, manage energy, and adjust to changing water conditions like waves and currents. Mental toughness and pacing strategy are crucial. Practice often includes interval training in pools and distance sets in lakes or seas. Equipment comfort, hydration planning, and safety awareness are vital for mastering this endurance-based discipline.



Rivers, lakes or sea are the locations of these events, so the finswimmer usually has no way to go straight other than lifting up the head and look for the right direction.

This means victory depends also on orienteering skills together with physical ones.

Technique is free: crawl or monofin are both allowed. It is also possible to rest and continue.

These races may last over 2 hours, and are very suitable to promote outdoor sports and tourism as well.

Equipment:

- Training monofin
- Competition monofin
- Bifins - footsocks
- Snorkel
- Goggles - swimming cap
- Swimsuit
- Competition swimsuit
- (eventually) bottle
- (eventually) monofin bag



Training monofin



Bifins



Footsocks



Competition monofin



Snorkel



Cap

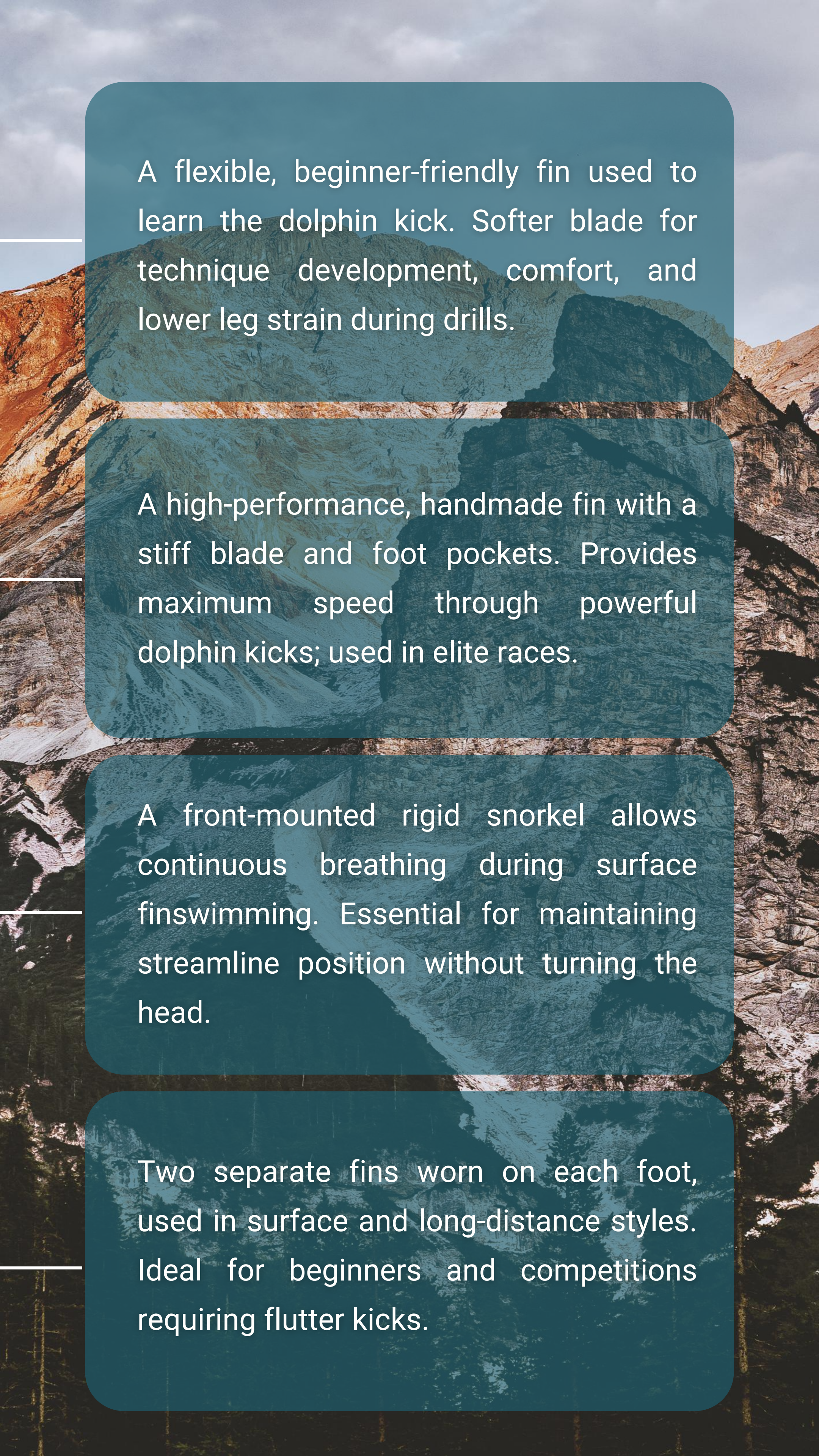


Goggles



Swimming Suit





A flexible, beginner-friendly fin used to learn the dolphin kick. Softer blade for technique development, comfort, and lower leg strain during drills.

A high-performance, handmade fin with a stiff blade and foot pockets. Provides maximum speed through powerful dolphin kicks; used in elite races.

A front-mounted rigid snorkel allows continuous breathing during surface finswimming. Essential for maintaining streamline position without turning the head.

Two separate fins worn on each foot, used in surface and long-distance styles. Ideal for beginners and competitions requiring flutter kicks.



The project aims to train 10 Romanian sport staff, including individuals from disadvantaged backgrounds, in advanced finswimming techniques and inclusive coaching practices.

The project's core activity is a 3-day job-shadowing mobility in Croatia, where participants observe and learn from experienced coaches, gaining practical knowledge in monofin/bifin use, athlete mentoring, and adaptive sport delivery. These skills are then applied in Romania to expand finswimming in cities like Bucharest, Iași, Constanța, and Timișoara.

WILLING also focuses on creating educational tools—a booklet and video—to promote the sport locally and inspire broader engagement. Through these activities, the project supports dual careers, empowers marginalized youth, and lays the groundwork for a national finswimming network in Romania. It represents a strong model of international collaboration, skill-building, and sport-based inclusion.

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