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Teach Yourself To Swim Like A Pro: In One Minute Steps

Dr Pete Andersen

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Teach Yourself (or your kids) To Swim Like A Pro In One Minute Steps is the new science of swimming instruction based on physics and psychology of learning principles. Its mission is to save more lives by being marketed through social media to reach more people worldwide in rural and low income urban and suburban areas that may not have a pool or experienced instructors. Six new teaching methods and a SYSTEM of easy-to-master one-minute steps make learning at your own pace fun and rewarding with proven results. Targeted groups include **Active Lifestyles; **Parents and Grandparents, Beginners and Non-Swimmers, and Instructors; **Competitive Masters, Senior Olympians, Triathletes, and Age-Group Swimmers. You start to learn how to swim efficiently at home without a pool with 29 easy-to-master steps in a sequence using a kitchen sink, dressing mirror, mattress, and bath tub. Then you transfer those same familiar identical steps to the shallow end of a pool or lake where you can stand up. You can learn at your own pace to master each small step. Get faster, longer-lasting results. 1046 pictures in 280 small skill sequences and easy to read instructions provide visual, verbal, and kinesthetic or feeling (water pressure on hands and forearms cues that teach you how. A curriculum sequence provides skills for all the strokes and knowledge of water safety to avoid taking risks in unfamiliar environments. New skills are broken up into easy to master chunks in 62 short chapters that make learning more swimming skills fun with evey trip to the pool. Learning how to swim is a necessity and the only sport that has the potential to save your life. Every family must own a copy of this handy reference resource book, and share it with family, relatives, friends, neighbors, and co-workers to help save more lives. Learn correctly from an experienced master swim instructor's instructor who introduces six new teaching methods. The curriculum includes a lot more information than traditional swimming lessons provide. You will learn advanced floating skills, freestyle with breathing, backstroke, water safety resting skills, water safety concerns, elementary backstroke, and breaststroke. Several advanced competitive skills and strategies are included after you master the basic fundamentals to improve your efficiency.

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Katherine Hood:

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