



A SIMPLE GUIDE TO ADULT SWIMMING CLASSES

Tips, tricks, and more

Adult Swimming Guide

EZRE. PHILIP

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Adults Guide for Better Swimming EZRE. PHILIP,2025-04-21 Adults Guide For Better Swimming The Complete Adult Swimming Manual for Health Fitness and Fun Adults Guide For Better Swimming is your ultimate companion for unlocking the full potential of swimming no matter your current skill level Tailored specifically for adult learners this comprehensive guide demystifies swimming techniques explores various swim styles and offers practical tips to boost your confidence and performance in the water Whether you re a complete beginner or someone looking to refine your skills this book equips you with the knowledge needed to swim efficiently and safely Inside you ll discover Types of Swimming A breakdown of popular strokes including freestyle backstroke breaststroke and butterfly with step by step guidance on how to master each Benefits of Swimming A deep dive into the physical mental and emotional advantages of regular swimming from improving cardiovascular health to reducing stress and enhancing flexibility What to Avoid Crucial tips on common mistakes and safety pitfalls to steer clear of ensuring a positive and injury free experience in the pool With clear instructions practical illustrations and expert insights Adults Guide For Better Swimming empowers readers to make the most of their time in the water Whether you re swimming for fitness fun or therapy this book is your gateway to a more confident and capable you

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after swimming a mere 50 metres Or have you just always wanted to be a better swimmer If you have then Adults Guide To Better Swimming is just for you Created specifically for novice recreational swimmers it focuses on the basics with simple easy to understand language and helpful illustrations Adults Guide To Better Swimming starts with the core foundations of swimming Bubbles and Breath Control Body Position Breathing Efficiently Those skills may seem simplistic but it is where most adult swimmers fall down in their attempts to swim any kind of distance Once you are proficient in the basics it then moves onto The Basics of Technique efficient kicking stroke correction Analysing your stroke and detecting weaknesses Fitness Building in manageable stages including NINE complete training programs at beginner intermediate and advanced levels Although Adults Guide To Better Swimming focuses mainly on Freestyle it also covers the basics of backstroke and breaststroke Other topics covered include An equipment guide The best time s to swim Helpful drills Ocean and open water swimming Perfect For Beginners Adults Guide To Better Swimming is aimed at beginner or self taught swimmers You will need to be able to submerge confidently and perform a basic freestyle only It is not designed for experienced swimmers or those seeking comprehensive stroke correction Readers said There are not many books that address the issues beginners face in such a positive way does a great job of breaking the task down into easy manageable steps This is a very well written and helpful book Updated in March 2014 to include illustrations Available in both paperback and kindle editions Don t sit on the sidelines any longer Let Adults Guide To Better Swimming guide you on the journey to becoming a fit proficient lap swimmer

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Adults' Guide To Swimming Petrina Liyanage, 2020-02-07 This book is packed with over 100 illustrations with online videos step by step instructions for self practice and solutions to common issues you might encounter

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