



A SIMPLE GUIDE TO ADULT SWIMMING CLASSES

Tips, tricks, and more

Adult Swimming Guide

EZRE. PHILIP

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Adults Guide To Better Swimming Katie Smith,2019-07-05 A step by step process that tackles the common issues adult swimmers face Have you ever started out with the intention of swimming laps to get fit but given up when it turns out to be much harder than you thought Or do you find yourself gasping for breath

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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