

Teach Yourself To Swim Like A Pro In One Minute Steps

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Reviews

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TEACH YOURSELF TO SWIM LIKE A PRO IN ONE MINUTE STEPS



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Trius Publishing, Incorporated. Paperback. Condition: New. 306 pages. Dimensions: 9.8in. x 6.9in. x 0.9in.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 translated into other languages very soon and marketed through social media to reach more people worldwide in rural and impoverished urban and suburban areas that may not have a pool or quality instructors. Because water is everywhere, learning how to swim is a necessity, and is the only sport that has the potential to save your life. Every family should own a copy of this handy reference resource book and a DVD set to continually review and share with your family, relatives, friends, neighbors, and co-workers to help save more lives. You start to learn how to swim at home without a pool with 30 easy steps using a wash basin, dressing mirror, mattress, and bath tub. 1046 pictures in 280 skill sequences and easy to read instructions teach you how in easy-to-master steps you can learn and practice at your own pace. Also available on Amazon are our three different 4-6 hour DVD instructional video series under the same title, but with different ISBNs: DVD set 1 is for Active Lifestyle. You will see and hear me correctly demonstrate and explain the principles that create efficient movement technique. DVD set 2 is for ParentsGrandparents Beginners and Non-Swimmers Instructors. In addition to my demonstrations and explanations, you will see my teaching methods in action teaching children. DVD set 3 is for Competitor MastersSenior OlympiansTriathletes. In addition to the fundamentals, I demonstrate and explain efficient competitive technique for all the strokes, starts and turns, open water, mental skills, workout specificity...

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