

Teaching Beginners to Swim – Program Summary

This program presents a strategy for teaching beginners to swim. For this presentation, a beginner is one who cannot swim relatively comfortably in deep water. Based on fifty-one years of experience, the author has developed a three-step approach to teaching beginners to swim.

The three steps include:

1. Adjustment to the water – submerging and breath control
2. Experiencing Buoyancy - floating
3. Locomotion – kicking and arm movements