



TEACH YOURSELF TO SWIM AT HOME WITHOUT A POOL: (OR YOUR KIDS)

Dr. Pete Andersen

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You can overcome your fears and teach your children to swim starting at home without a pool. As easily as you would teach and learn backyard sports skills you later transfer to the playing field or court instead you use a kitchen sink, dressing mirror, mattress, and a bath tub.

You can practice and get familiar with all the basic motor or physical skill patterns you'll need to learn how to swim without fear of drowning. Then when you are familiar with all the patterns you can repeat them in the shallow end of a pool or lake where you can always stand up.

This book is very helpful for people and families who live in rural or low income urban and suburban areas where there is no pool or experienced instructors.

The mission is to help save more lives, but you must take action to teach yourself and your kids to swim now before it's too late. Now they can learn to enjoy more water sports safely with their families for the rest of their lives.

The system is easy-to-master one-minute steps most anyone including young children can easily learn in as little as a few hours. So give up the video games for a couple of hours to learn a skill that has the potential to save a life.

If you decide to pay for lessons later your child will get a lot more out of them by already knowing the basic skills like breath holding, floating, correct arm stroking, body position, and safety precautions.

This continuous reference resource book is a must for every family and can be shared with the entire family, relatives, friends, co-workers, and your kid's teammates on other sports teams.

And the Kindle file can be viewed on your tablet or smartphone you take to the pool to easily master each small step in the sequence.

Now you can get correct methods and cues from a professional experienced instructor that are proven to get you faster longer-lasting results that will improve your family's safety.

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Charlotte Bernstein:

Playing with family in a very park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, subsequently why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love TEACH YOURSELF TO SWIM AT HOME WITHOUT A POOL: (OR YOUR KIDS), you could enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

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