

Learn to Swim Breaststroke with the Shaw Method

This course is for you if you can glide and/or swim with your face in the water and would like to develop a graceful and flowing breaststroke that doesn't strain your spine or joints. The aim of the course is to show you how to craft this elegant stroke, enabling you to take full advantage of its major health benefits.

Breaststroke is easy to swim, but harder to swim well. *Shaw Method* breaststroke improves the mobility of the neck, shoulders, wrists, spine, hips, knees and ankles. It strengthens and tones the quadriceps muscles at the front of the thighs and the hamstrings at the back. Despite being the slowest stroke it actually burns the most calories.

By the end of the course you will have worked on the following skills:

- maintaining a healthy head-back alignment during all phases of the stroke;
- perfecting symmetrical fly and frog leg actions;
- discovering how a wave action allows you to lengthen and widen the back;
- maintaining good timing for the arm and leg phases;
- coordinating a good breathing pattern;
- and gaining maximum propulsion from the arm and leg action.

Following the *Breaststroke* course, you may wish to explore additional stroke classes: *Front Crawl*, *Back Crawl*, or *Butterfly*.

This class uses the *Shaw Method*, which is an *Alexander Technique*-based approach to swimming. It encourages 1) maintaining head-neck-back alignment while swimming, 2) differentiating propulsive and non-propulsive movements, 3) breathing with ease, and 4) cultivating a positive and exploratory approach to learning.

Requirements: Students are expected to bring goggles and a towel and to arrive early so that you are dressed in a swimming suit and ready to enter the pool when class starts. Dressing rooms and a shower will be available onsite. *Shaw Method* books and DVD's, goggles, and swimming caps will be available for interested students.

Classes and private lessons are available at these locations:

North YMCA

1000 W. Rundberg Ln.
Austin, Texas 78758
(private lessons only)

Texas Orthopedics

1701 W. Ben White Blvd.
Suite 100B
Austin, Texas 78704

Reavis Rehab

1250 South A.W. Grimes Blvd.
Round Rock, Texas 7866

If you want to know more about classes or private lessons, please be in touch:

Molly B. Johnson, PhD, M.AmSAT

Integrated Motion Studio

www.integratedmotionstudio.com

at@integratedmotionstudio.com

(512) 537-5369