

Learn to Swim Front Crawl with the Shaw Method

This course is for anyone who can swim and/or glide with their face in the water and would like to be able swim a smooth, fluid, and sustainable front crawl. You may be

- a swimmer with no experience of the stroke;
- a swimmer with some grasp of the stroke;
- a front crawler looking to transform the efficiency of your stroke;
- a triathlete wishing to reduce the effort used on the swimming leg; or
- a swimmer experiencing breathing difficulty or tension with your stroke.

The course will take you through all the practices for front crawl (also called freestyle), beginning with the *Shaw Method* glide, then it will teach you the leg action, body rotation, arm phases, and, finally, breathing.

During the course you will discover how to

- harness the natural buoyancy of your body;
- drastically reduce the amount of effort required to swim;
- use rotation of the body to maximize streamlining; and
- use your legs and arms freely and effectively in the water.

Following the *Front Crawl* course, you may wish to explore additional stroke classes: *Breaststroke*, *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 78664

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

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