

## Learn to Swim with the Shaw Method

This course is for adult non-swimmers who find it difficult to glide or swim a length of the pool or are uncomfortable putting their face in the water. The class aims to teach you the skills to walk and glide through the water, providing the fundamentals needed to master a sustainable swimming stroke.

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

- discovering how to use your body's natural buoyancy;
- exploring the transition between air and water;
- mastering a smooth glide with your face in the water;
- coordinating the head and torso during an underwater undulation;
- developing good body rotation on your front; and
- establishing an effective front crawl leg action.

Following the *Learn to Swim* course, you will have the skills to advance on to one or more stroke classes: *Breaststroke*, *Front crawl* (also called freestyle), *Back Crawl*, or *Butterfly*. If you are new to swimming but very comfortable underwater or are an experienced swimmer wishing to work on technique or learn a new stroke, you may register for a stroke class without completing the *Learn to Swim* course.

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:

**Molly B. Johnson, PhD, M.AmSAT**  
Integrated Motion Studio  
www.integratedmotionstudio.com  
at@integratedmotionstudio.com  
(512) 537-5369