

Conquer Your Fear Of Water: An Innovative Self-Discovery Course In Swimming By Melon Dash

By Melon Dash

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Conquer Your Fear of Water : An Innovative Self-Discovery Course in Swimming (Melon Dash) at Booksamillion.com. Do you wish you could swim, have fun, and exercise in

When it comes to open water swimming there are two types of people: those who get nervous and those that don't. Here's how to overcome your fears so you can

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Do you wish you could swim, have fun and exercise in water wherever you go? Get to the heart of the problem. Anyone can learn to swim once he or she overcomes fear.

Some struggle with the idea of swimming, in particular getting their faces in, and fear is what is keeping them out of the water I teach swimming to nervous adults

Conquer your fear of water at the East Shore YMCA

About Melon Dash: Born in upstate New York, Melon (Mary Ellen) Dash swam competitively as a child and teenager, through four years of college at U. Mass

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International Swimming Hall of Fame Implements Plan to population and has helped thousands of adults since 1983 to overcome their fear and be safer in water.

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So, this is a guide called how to overcome fear of water, also known as aquaphobia. The thing with aquaphobia is it comes in different levels.

She wrote the book, Conquer Your Fear of Water, produced a DVD, The Miracle Swimmer, hosted The Learn To Swim Show on internet radio,

Aug 22, 2009 Melon Dash describes her 5 Circles teaching system which cannot fail.

The class is held in a warm and shallow therapy pool to help you stay calm and comfortable and have FUN learning at your about jim | fear of water | swimming

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As soon as you have conquered your fear of water, you will be capable of really enjoying every water activities that everybody else does always without that abnormal

2 thoughts on Are You An Adult Learning to Swim? How to Overcome Your Fear of Water