

How To Float

Tips and Tricks To Help Anyone Float When Learning How To Swim

Got that sinking feeling? Can't work out why some people float and while others sink?

Discover the facts about floating and sinking and learn some of the tricks to staying afloat from some simple exercises and top tips.

[Click here to download the full book](#)

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Mark Young is a well-established swimming instructor with decades of experience, teaching thousands of adults and children to swim. He has taken nervous, frightened children and adults with a fear of water and made them happy, confident swimmers. He has also turned many of average ability into advanced swimmers. This book draws on his experiences and countless successes to put together this simplistic methodical approach to swimming.

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Contents

- **Myths**

Dispel the myths and common misplaced truths

- **The Psychology Of Floating and Sinking**

Get your head around what the water is actually trying to do

- **Why Do We Sink?**

The facts and science behind why some people sink and why some float.

- **Floating stationary vs floating as we swim**

The difference between floating stationary and floating while swimming.

- **The best swimming stroke for staying afloat.**

Front crawl or breaststroke?

- **How to relax in the water**

The key points to learning how to be more relaxed when we're in the water.

- **How to glide when swimming**

Gliding is essential to staying afloat and learning to relax when swimming

- **How and when to breathe**

Breathing is the crucial link between relaxing and floating.

- **Exercises**

Simple gliding and floating exercises to help get a feel for your own buoyancy.

- **Tips and tricks**

Add these to your swimming to help stay afloat and prevent sinking.

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Myths

Myth #1 - The harder and faster I kick, the more I will stay afloat.

Not true. Harder kicking almost always results in sinking.

Myth #2 - The faster I use my arms the more I will stay afloat.

Not true either. A faster arm action will not assist the body to stay up any more than a slower one.

Myth #3 - The water is trying to pull me down.

The water is in fact trying to support you.

Myth #4 - If I take a bigger breath and hold it for longer I will float.

A bigger inhalation of air is not enough to prevent your legs from sinking.

The Psychology Of Floating: What's going on in your head?

It is common in beginners and those with a fear of water to think that the water is pulling them down. As an adult learning to swim it is important to understand that the water is actually trying to support you.

The human body does not sink like a stone. Those of us that naturally sink, we sink slowly and gradually.

So with that in mind, we have to move our arms and legs in a way that help the water to support us. Those movements can be very subtle, small ones or they may have to be larger movements to help generate some momentum.

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Tips and Tricks

Tip #1

When swimming face up on your front and your legs begin to sink, take a deep breath and put your face down in the water. The act of putting your face into the water will, with some assistance from yourself encourage your legs to rise again.

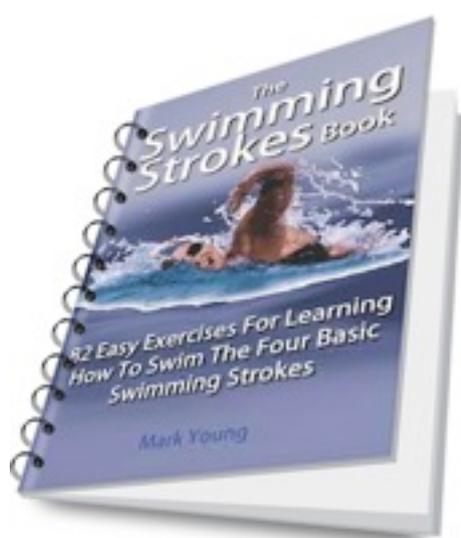
Tip #2

Tip #3

Tip #4

Correct Swimming Technique Is The Key

Staying afloat as we swim is all about making our body as efficient as possible as we move through the water. Our body has to cut its way through the water and correct swimming technique is essential for this to happen. The finer details of the techniques required for each of the swimming strokes are beyond the realms of this short book about how to float.



However everything you need to know is contained in '[The Swimming Strokes Book](#)', also by Mark Young

82 exercises covering each separate stroke will help you to perform and perfect each of the four basic swimming strokes.

[Click here for more information.](#)

[Click here to download the full book](#)