



Adult Learn to Swim “Nuts & Bolts” Overview

Presenter: Bill Meier

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- Head Coach, Simon's Rock Pacemakers, Great Barrington, MA
- Athletic Director, Bard College at Simon's Rock
- Architect of the USMS Adult-Learn-to-Swim program
- Certified USMS Level 4 Coach & ALTS Lead Instructor
- Head Coach, 2017 USMS High Performance Camp
- Past Board Chair & Fitness Chair, New England LMSC
- 2014 USMS Dorothy Donnelly Service Award, 2019 National Fitness Award, 2024 Kerry O'Brien Award
- 2024 New England LMSC Coach of the Year
- SwimAmerica National Director



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Today's Agenda

- A Brief History
- Why ALTS?
- Types of Swimmers - Overview
- The Basic Progression - Why is this different?
- LET'S GO TO THE POOL



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A BRIEF HISTORY – HUMBLE BEGINNINGS



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Safety

There is only a 19% chance that an adult who does not know how to swim will put their children into swim lessons.



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Physical Fitness



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Physical Health



Mental Health



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Opportunity



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FUN



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NON-SWIMMER



FEARFUL NON-SWIMMER



TROUBLE BREATHING



STROKE DEVELOPMENT



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BEFORE THE LESSON – EQUIPMENT OPTIONS

- Goggles
- Nose Plugs
- Ear Plugs
- Snorkel
- Fins
- Neoprene Suit



GOGGLES!



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SUBMERGE THE...



LIPS



NOSE

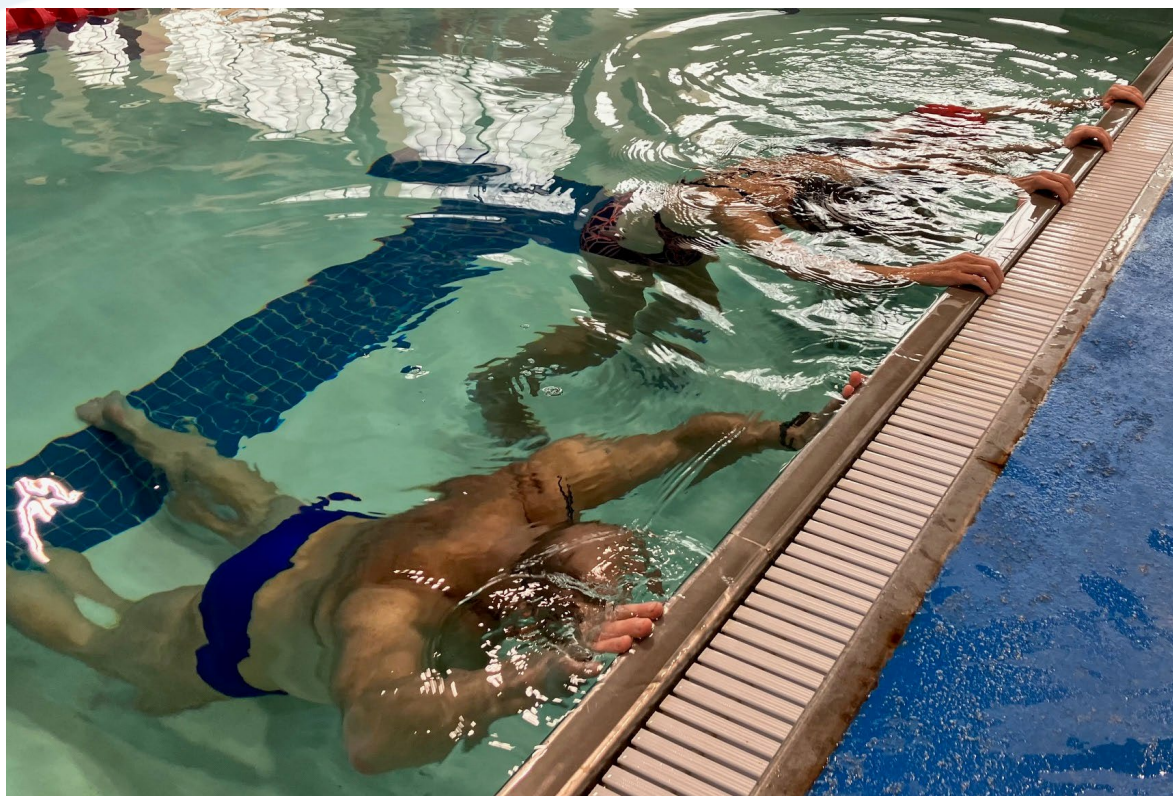


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FACE

HEAD



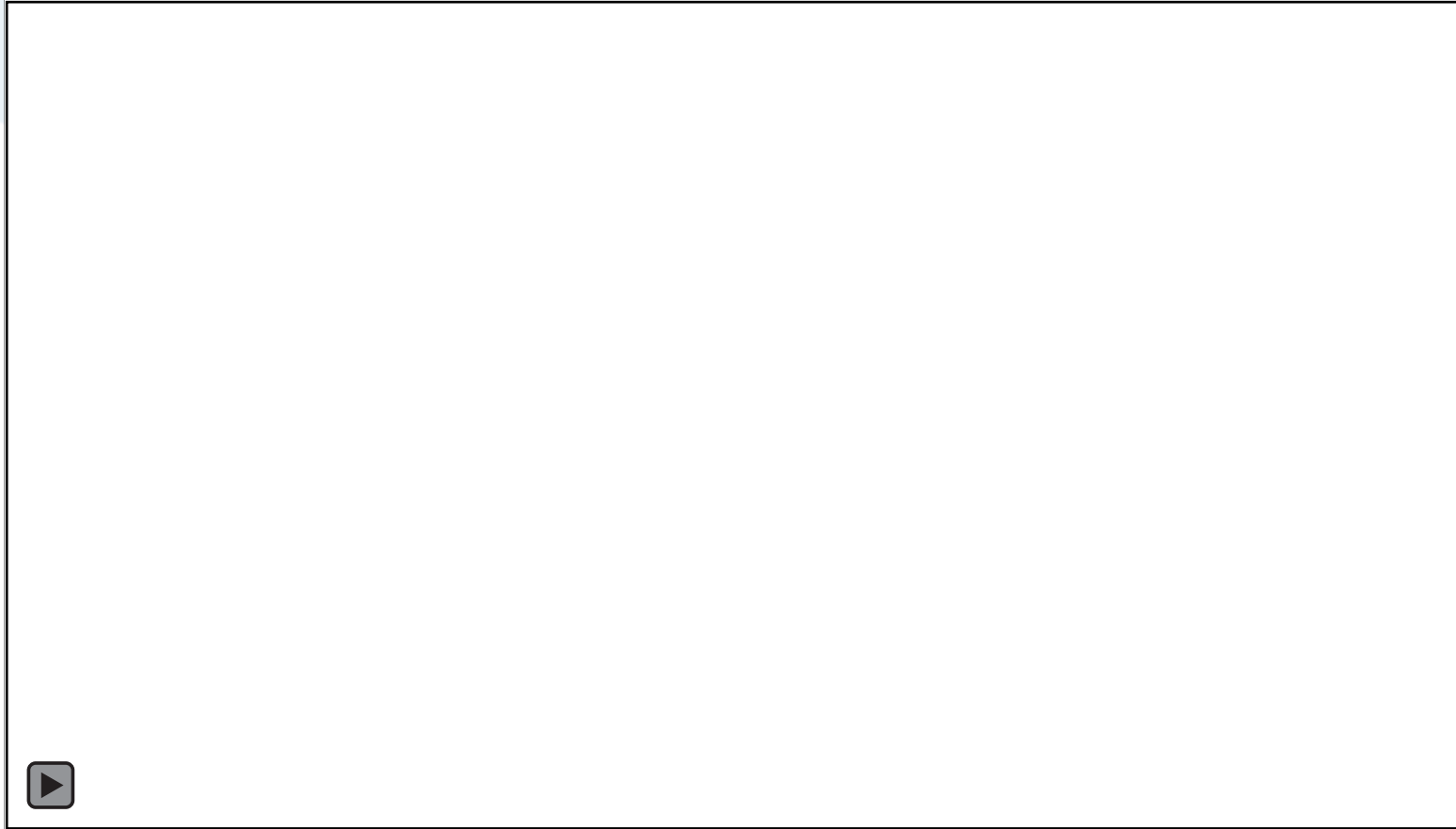
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AIR EXCHANGE – BOBS - video



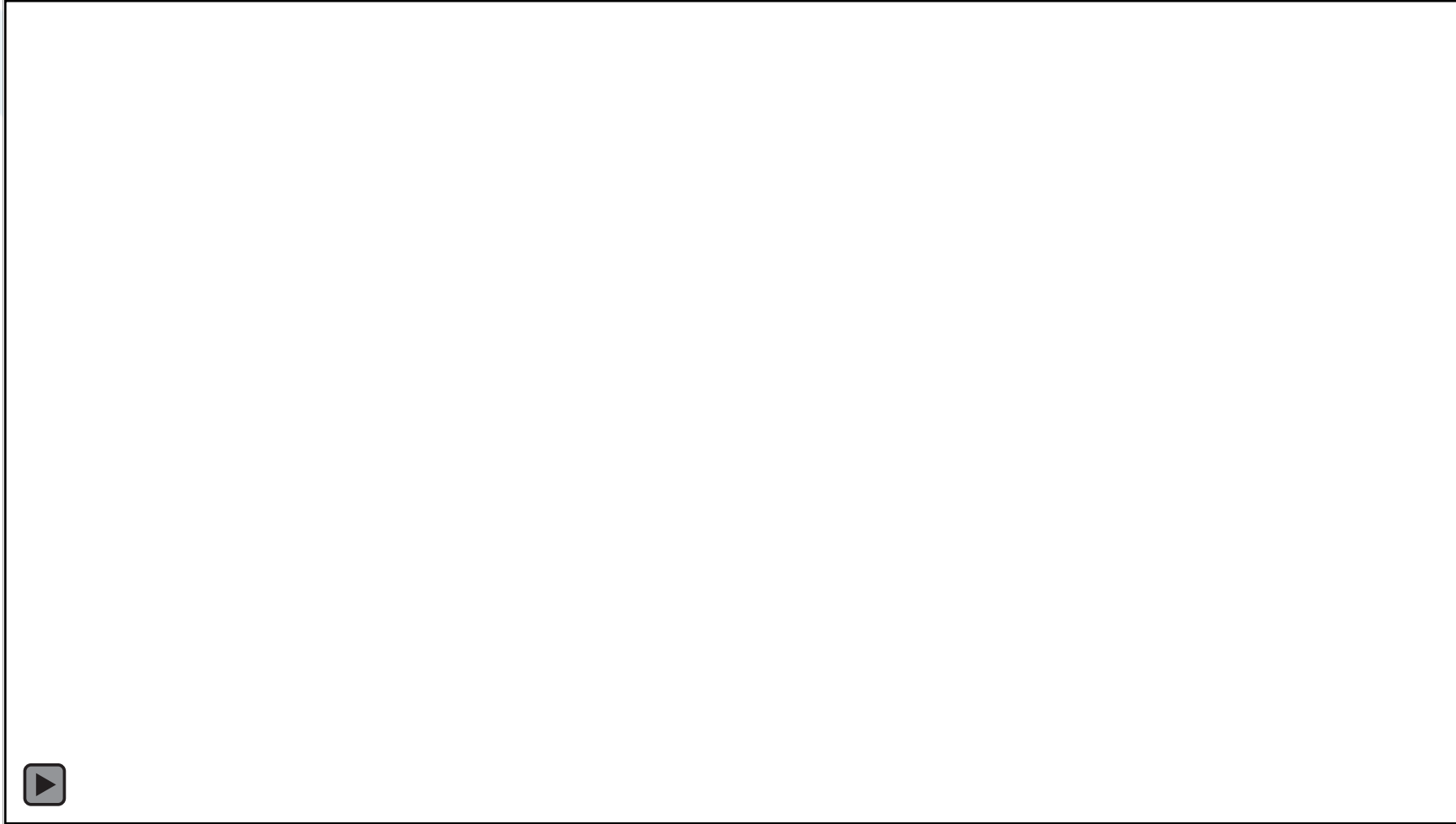
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Supported Front Float - video



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Supported Front Float w/Kick - video

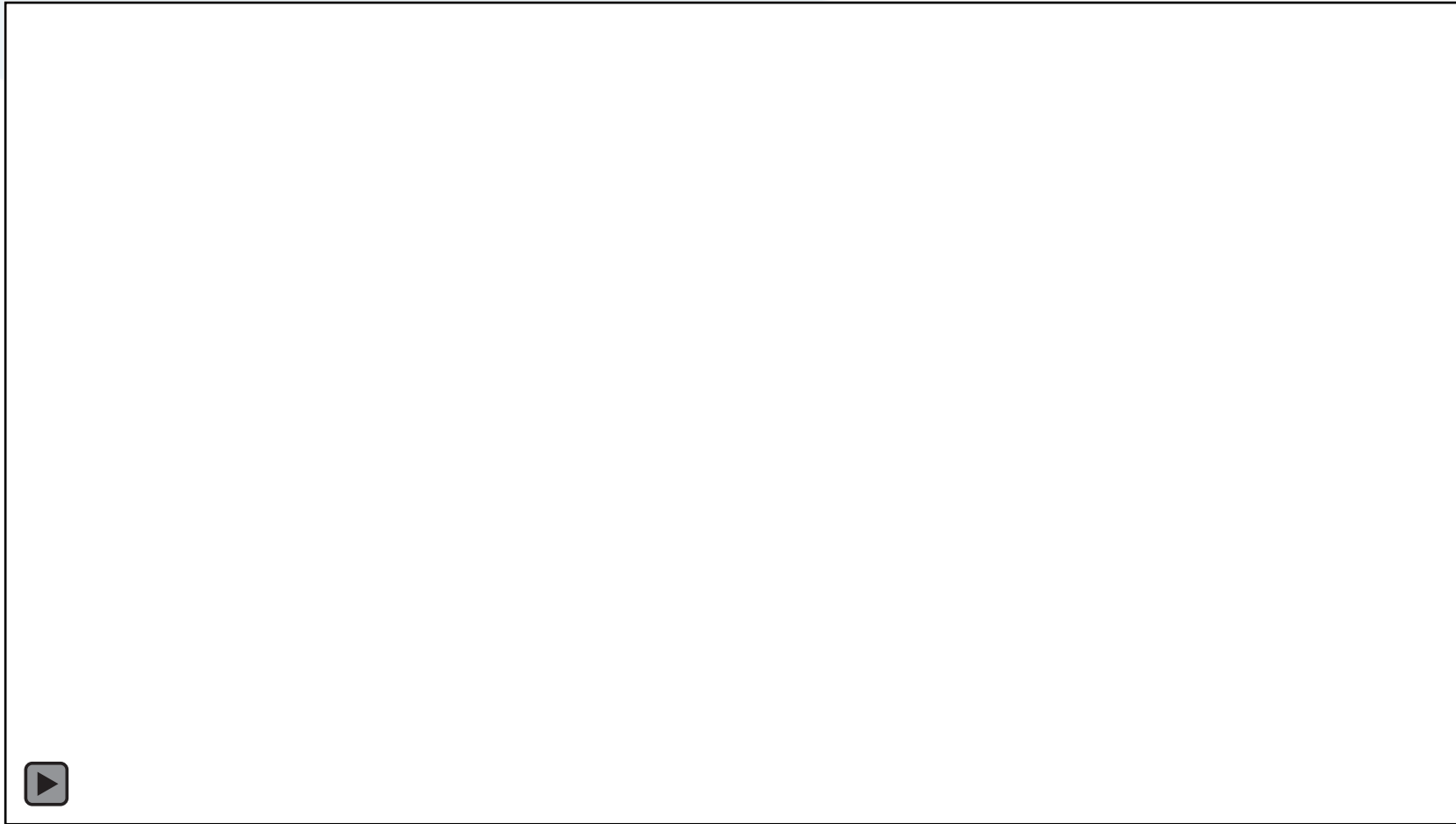


Unsupported Front Glide - video



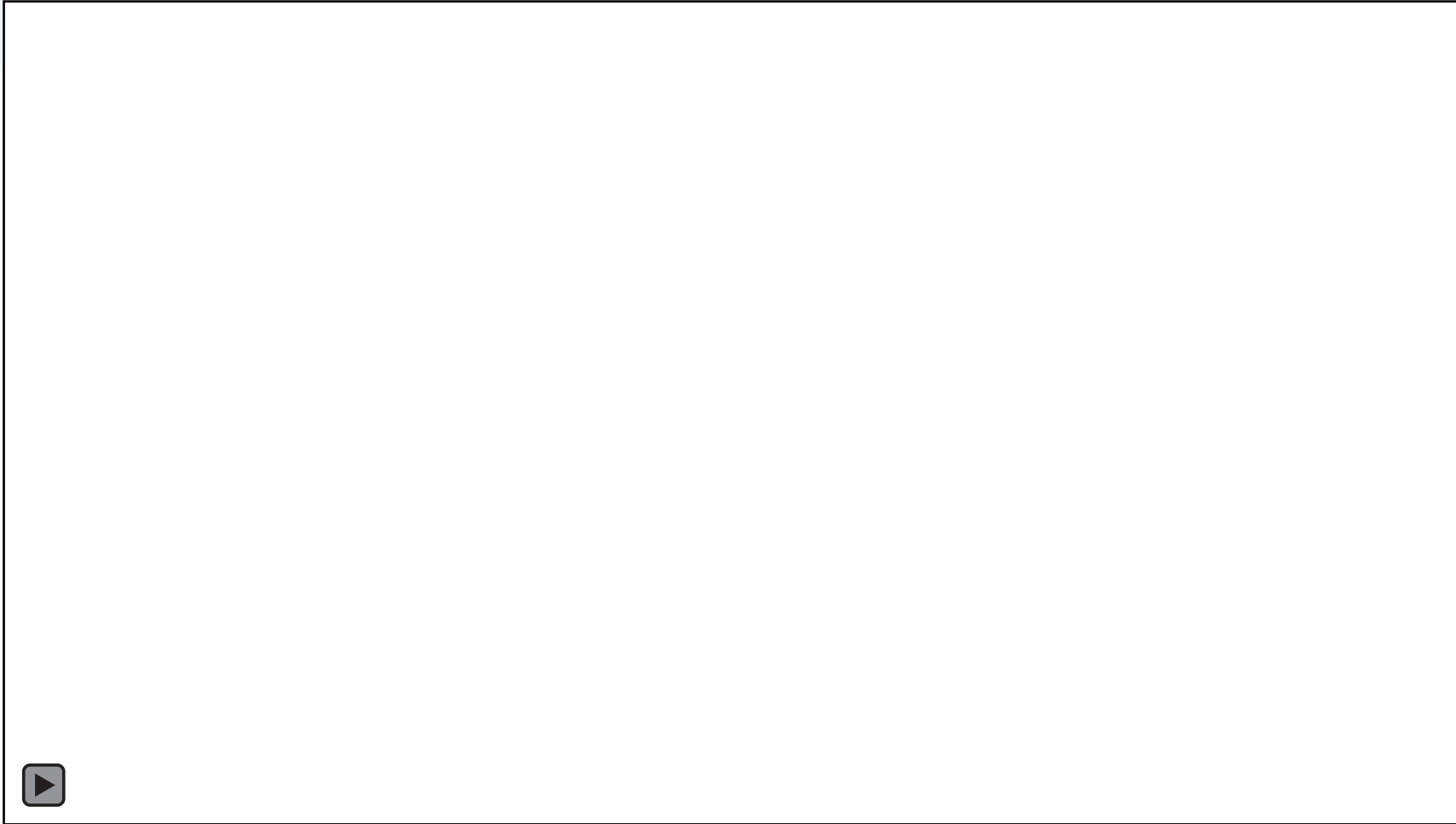
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Front Glide w/Recovery - video



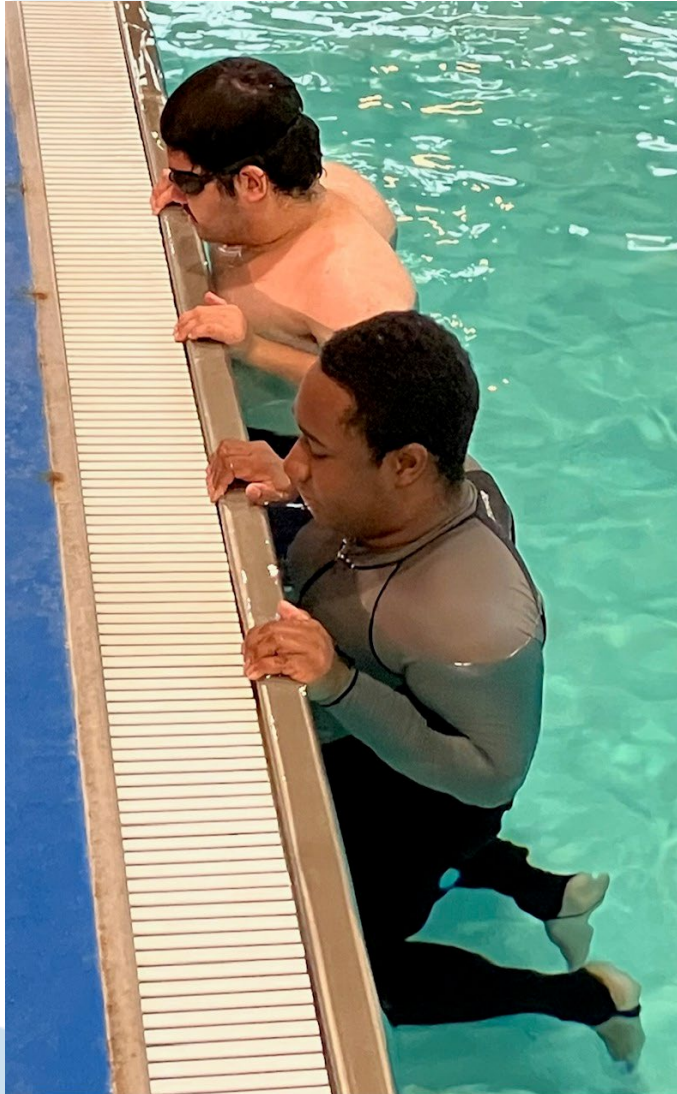
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Front Glide w/Kick and Recovery - video



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Back Float



- Lean back
- Arms straight
- Hips toward wall
- Hold gutter
- Shoulders at surface
- Belly pressed to wall

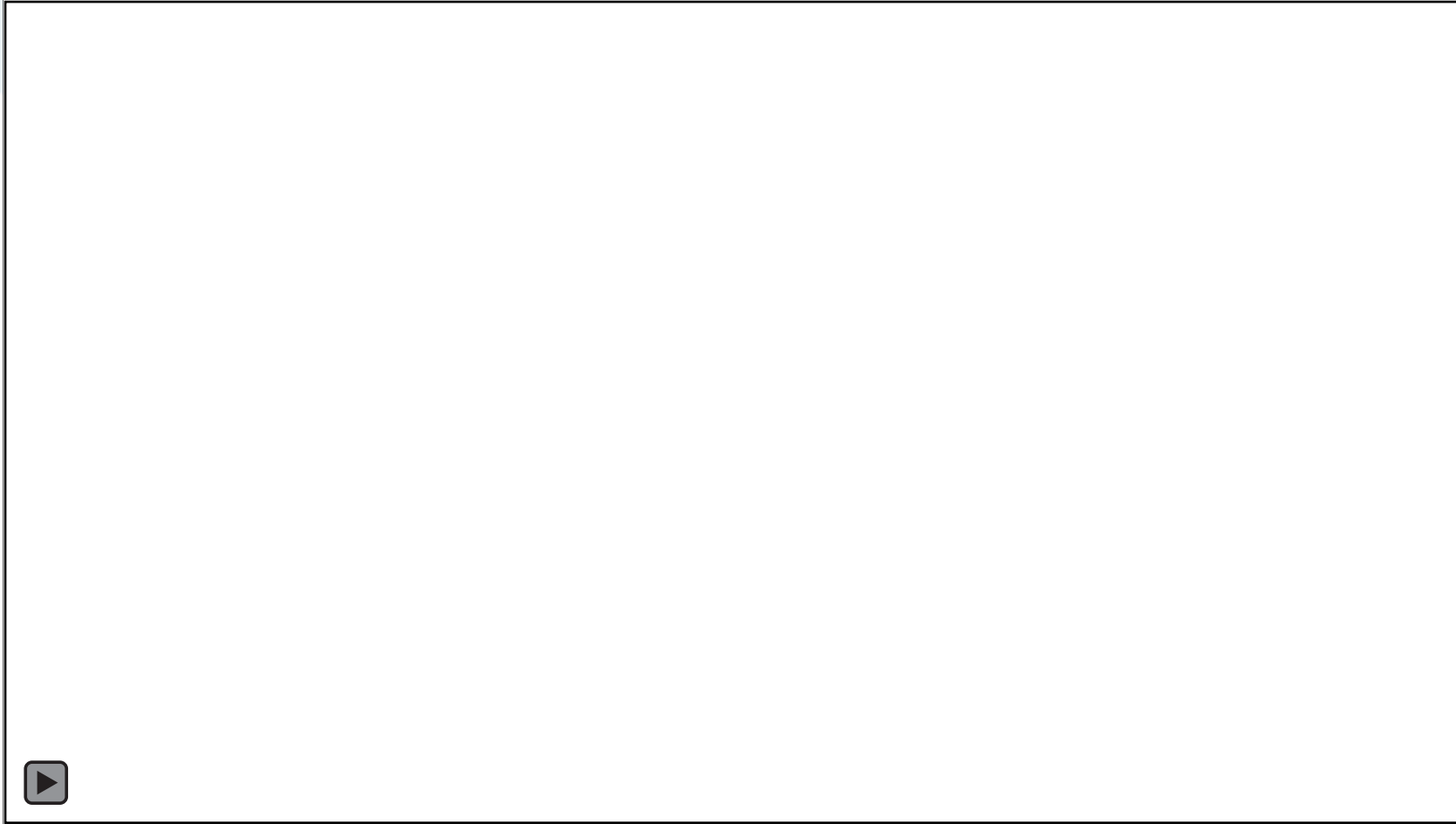


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Back Float - video

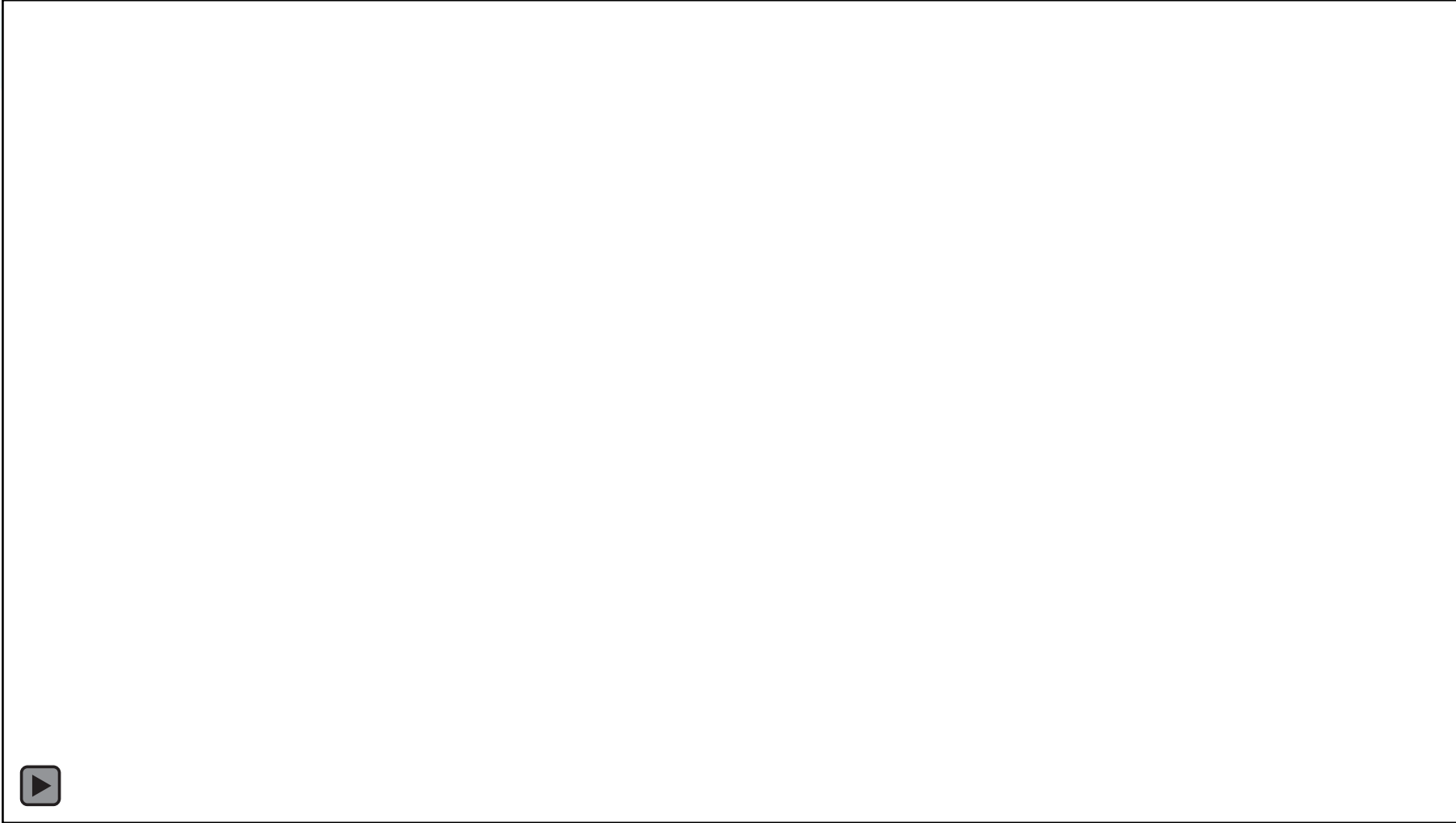


Back Glide w/Kick and Recovery - video



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Freestyle w/out Breathing - video



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The Rollover - video



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Freestyle with Breathing - video



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“I can feel the water pulling me in!”



“The water is thicker in the deep end!”



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Helping Adults Manage Their Fear

- Let the student be in control of the process
- Empower the student with skills to be in control
- Build trust
- Offer hope
- Repetition builds confidence
- Don't assume the fear goes away

The Preliminary Interview

- Active listening
- Focus on the present . . .
- . . . and the future
- Explain the process:
 1. Student is in control
 2. Constant review
 3. Repetition



It takes
confidence to
swim toward the
deep end.



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Questions & Answers

**Don't be afraid. Ask away.
If you're thinking it, someone else
probably is too!**

**Additional Questions? Contact:
billmeier1961@gmail.com**

Resources

- <https://www.usms.org/alts-central>



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