

1. Get comfortable in the water

- a. Hold onto the side of the pool and let yourself to feel *just* being inside the water
- b. Walk around the pool
- c. Try to put your face inside the water while blowing bubbles

2. Blow bubbles

- a. Try blowing bubbles in the water
- b. Use your mouth to breathe IN above the water & use your nose to breathe OUT inside the water
- c. Lift your head after bubbling a few seconds, then rinse and repeat

3. Use noodles or any other buoyant aids

- a. Put noodle around your chest to help with buoyancy
- b. Hold onto the pool side for support
- c. Relax and keep practising

4. Learn treading water & floating with noodles

- a. Tie a noodle around your chest and hold the wall with 1 hand
- b. Use your arms to tread water while holding the pool side
- c. Do it slowly and keep breathing

5. Take it slowly

- a. Go with your own pace
- b. And eventually you will overcome your fear

If you'd rather have someone directly teach you once and for all, contact us for more info at marketing@optimumtrain.com or you can fill up the form here to book for a free session: <https://optimumtrain.com/>