Every Single Person Succeeds

Mary Ellen “Melon” Dash, as a college swimming instructor, asked why the traditional teaching system did not work for half of her beginner swimmers. The answer was simple: with their attention on survival, they could not focus on learning strokes. A new teaching was required.

In 1983, Dash developed Miracle Swimming to teach afraid-in-water adults to swim with an infallible system. She developed the Conquer Fear Instructor Training Program to expand Miracle Swimming world-wide via Miracle Swimming for Adults, Inc., a non-profit (501c3) organization. Today, virtually all of our thousands of students have triumphed in the Miracle Swimming program.

Melon Dash is a nationally ranked U.S. Masters swimmer and holds a Master’s degree in education. She has coached swimming at Harvard University, the University of Michigan and University of California Berkeley.

Conquer Your Fear of Water & Learn to Swim

Forty-six percent of American adults are afraid in water over their heads in a pool. Sixty-four percent are afraid in deep, open water. Thirty-nine percent are afraid to put their heads under water. (Gallup Poll, 1998)

Someone who can swim is not afraid. Overcome your fear and learn to swim in a fun, safe, comfortable environment and become confident in deep water.

This class is for you if you believe:

► You can’t rely on yourself to be safe in deep water
► Deep water doesn’t hold you up
► Learning strokes will make you safe
► In order to learn to swim, you’ll have to do things you don’t like
► You’re not safe if there’s no place to swim to
► You’re not a swimmer or a floater

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Miracle Swimming for Adults, Inc.
P.O. Box 15854
Sarasota, FL 34277
Classes around the U.S.
Miracle Swimming® is Designed for You.

Miracle Swimming teaches you to be in control in water, shallow and deep, in a comfortable, fun, and supportive setting. Miracle Swimming is a mind-boggling approach to learning that teaches people to swim by overcoming fear first. With the 5 Circles® teaching method, you learn what no other swimming program in the world can teach you: how to turn your panic into control.

Then, you are free to learn. Founder “Melon” Dash explains, “You can’t learn what to do with your arms and legs if you’re afraid you might not live. We’ll teach you how to relax on yourself for safety rather than on the bottom or the side of the pool.”

Have fun learning to swim the same way you learned to walk — naturally and without effort. With personalized attention, fun lessons, and myth-busting games, you’ll discover the feelings of support and independence in water, shallow and deep. When you start at the beginning, skip no steps, and go at your own pace, the only possible result is success. You will become free in deep water step by step sooner than you thought possible. Then you’ll be able to learn strokes. Complete freedom in the shallow and deep typically takes 48 hours: two classes. Each student is different.

Take the first step... our grads are glad they did!

Enroll today. Visit our website or call for more information.

Say Goodbye to Fear.
Change Panic to Confidence and Calm

Knowing how to swim means being confident and calm in deep water: not swimming freestyle hurriedly to the wall. Once you become confident and calm in the deep, you can learn the choreography of swimming strokes.

To learn to swim, you must feel safe all the time.

There’s no silly reason that people are afraid. Learn the fundamentals of how the water works and the nuts and bolts of being in control in water. You can be yourself in deep water. Go at your own pace in a light-hearted, no-pressure environment. You’ll learn to swim if you follow our system and stay true to yourself.

941-921-6420
www.miracleswimming.org

Miracle Swimming Classes

Ultra Beginning: If you’d say your fear is “off the Richter Scale,” learn to float in our warm 2-foot pool.

Beginning: Learn the basics of control and “how the water works.” Eight three-hour sessions: one hour on land, two in the water. All classes are “go at your own pace.” This is the prerequisite for our other classes.

Next Step: Win the rest of your freedom in deep water. 24 hours.

Ocean 101 and 202: Introduction to salt water, waves, “critters” and sandy bottom. Then kayaking, SUP and boogie boarding.

Freestyle: Learn to lap swim comfortably. Thirty hours, seven days. The ability to play freely in water is a prerequisite.

Beginning Snorkeling: Learn to snorkel comfortably and enjoy the ocean. Minimum requirements: ability to float and unfloat on your front and back. Thirty hours of instruction.

Beginning SCUBA: PADI certification course that provides what no other dive class provides. Beginning class is a prerequisite.

Guaranteed Satisfaction Or Your Money Back.

Attend all classes, do only what is fun for you, ask all your questions, and don't practice while scared. Full Guarantee is at miracleswimming.org. If you follow the steps and finish class unsatisfied with your progress, we’ll refund your money or allow you to take class again for free.