



# Extraordinary Swimming For Every Body - a Total Immersion instructional book

*Terry Laughlin*

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# Extraordinary Swimming For Every Body - a Total Immersion instructional book

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A guide to swimming better than you ever imagined! If you've read any Total Immersion book, or have been practicing the TI method via DVD or coached instruction, this book will take you to the next level of understanding, effective practice and readiness to swim better than ever. Extraordinary Swimming for Every Body is for: (1) those who wish to advance beyond TI basics toward the highest levels of skill and mastery; (2) those interested in becoming complete swimmers; or (3) competitive swimmers of any age especially Masters swimmers. It includes our most up-to-date guidance on how to develop and train all four strokes. This book would also be the essential TI text for swimming coaches and teachers and those interested in becoming TI coaches. \*All Four Strokes.

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