

**Total Immersion Swiminar Workbook: The Guide To  
Fishlike Swimming  
By Terry Laughlin**



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I started swimming at the age of 45. After coming across some of the videos of Total Immersion, I was surprised to see that swimming can be as gracefully as dancing.

It s the closest thing there is to a magic pill for better swimming. By Terry Laughlin It would not hurt your swimming to refuse to practice

Preparing For Swim Camp We expect that you have some positive exposure to the Total Immersion or the new TI Ultra-Efficient Freestyle Video and Workbook

Total immersion swimming. Posted by Silva on December 8, 2010 at 5:15pm in Raw Fitness; View Discussions; Has anybody tried it?;) [www.totalimmersion.net](http://www.totalimmersion.net).

Instant Immersion offers educational software, audio courses, online classes and worksheets to help you easily learn a new language.