# ADULT SWIM PRO TIP

BY COACH TARIQ | SWIMFORLIFE ACADEMY

# 5 Mistakes Adult Beginners Make (and How to Fix Them)

**1. Holding the Breath Instead of Exhaling**
Many adults believe they need to *hold their breath* underwater. In reality, confident swimmers **exhale slowly while submerged.** Consistent exhaling keeps the body relaxed and prevents panic.

**2. Trying to Stay "On Top" of the Water**
When you tense up and try to force yourself to float, your body sinks. **Relaxation is what allows the water to support you.** Floating isn't advanced — it's the foundation.

**3. Kicking Too Hard and Too Fast**
A powerful kick doesn't equal better swimming. Over-kicking wastes energy and throws off balance. A **gentle, efficient kick** keeps the body steady and controlled.
**Efficiency > Effort.**

**4. Feeling Embarrassed or Rushed**
Learning to swim as an adult takes courage. You're not behind — you're beginning.
When you remove pressure and judgment, **your progress accelerates.**

**5. Trying to Learn Without a System**
Watching random videos or guessing leads to frustration. Confidence comes from a **step-by-step method** that builds trust in your body and in the water.

## Ready to Learn to Swim with Confidence?

Join the **Adult Swim Confidence Course** at SwimForLife Academy.
We teach adults how to stay calm, float with ease, and swim comfortably — at your own pace.

**swimforlifeacademy.com**
Info@swimforlifeacademy.com