

FAQs

Does this video teach me to swim front crawl?

This video assumes an existing familiarity with front crawl, at any skill level.

Are these activities the same as swim drills?

Although some movements are similar to drills, Focused Activities aim to stimulate a deeper sense of proprioception (your body's ability to sense movement, action, and location). Our goal is to help you connect your internal awareness with what your body is doing. This awareness will enable you correct issues you may not have realized you had.

Is Guila Muir a certified swim coach?

Guila has earned these certifications:

- Level 2 Swim Coach, American Swimming Coaches Association (ASCA),
- Swim Level 2 Coach and Adult Learn to Swim Coach, US Masters Swimming (USMS)
- Aquatic Therapy & Rehab Institute Certificate, Aquatic Exercise Association (AEA)

Guila holds a Master's degree adult learning. She has been passionate about teaching adults nationally and internationally for forty years.

How often should I do these activities?

Practice one to three Focused Activities each time you go to the pool. Practice each for 5-10 minutes. Be consistent, and remember to tune in to what your body is doing. With this awareness, you WILL see a difference.

How can I get more help?

You can take [private lessons](#) in the open water with Guila, join a Masters swim team and/or get a friend to video your stroke.

Feel what you're doing. Have fun and swim from the inside out!