

About Total Immersion™

The Total Immersion™ Method

Although swimming is an essential life skill, traditional teaching and coaching methods have made it difficult to master because they teach an awkward, exhausting style of swimming. Total Immersion is a foolproof approach to teaching that brings results far faster than conventional methods and helps any student master a fluent, efficient and beautiful technique. Since 1989, Total Immersion has transformed more adults from strugglers into skilled swimmers than any other program. Thousands have learned from TI coaches in lessons or workshops.

Total Immersion™ at Island Health & Fitness

Island Health & Fitness in partnership with Cayuga Coaching is proud to have T.I. Master Coach Shane Eversfield bring his years of experience teaching the T.I. swimming method to Island Health & Fitness. Shane leads group clinics and is also available for private and small group lessons.



For more information contact Shane Eversfield:

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