

NEUTRAL BAY

# Timid helped into swim of things

## COACH BRINGS FEARFUL FRESH CONFIDENCE

Andrea McCullagh

TERRIFIED of jumping into the deep end? Swim coach Petrina Liyanage is helping people overcome their fear of water with tailored lessons.

The Neutral Bay teacher set up a school to cater for adults who cannot swim and is achieving standout results.

"A lot of people approach me who have had a traumatic experience especially when they were younger and have never approached water since," she said.

"There's so much water in Sydney and it's a shame not to be able to enjoy it."

Ms Liyanage helps people learn the basics of breathing in the water, floating and

“(Some) have had a traumatic experience ... and have never approached water since

- PETRINA LIYANAGE

paddling in private lessons. Then can then progress to learning freestyle, breaststroke and backstroke.

She has found that some adults are embarrassed about learning how to swim and that many have a fear of putting their head in the water.

"They are not alone and there are lots of people in the same boat as them," she said.

Milsons Point-based software engineer Anu Bharadwaj, 32, had a fear of the water but was determined to learn how to swim.

After just 15 lessons she can now swim with confidence and finds being in the pool relaxing.

"Petrina did an awesome job getting me more confident in the water," she said.

"The first time I did a full lap it was very liberating."

Ms Liyanage teaches across Sydney and runs lessons in home or apartment pools as well as leased pools.

For more information visit [swimwithasmile.com](http://swimwithasmile.com)



Petrina Liyanage teaching Anu Bharadwaj to swim.

Picture: ANNIKA ENDERBORG

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