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International Swimming Hall of Fame Implements Plan to population and has helpedthousands of adults since 1983 to overcome their fear and be safer in water.

### **Melon dash (author of conquer your fear of water)**

About Melon Dash: Born in upstate New York, Melon (Mary Ellen) Dash swam competitively as a child and teenager, through four years of college at U. Mass

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Some struggle with the idea of swimming, in particular getting their faces in, and fear is what is keeping them out of the water I teach swimming to nervous adults

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