

Step by step advice for beginning and advanced swimmers

by Linda Delzeit

Mark Young

Swimming Made Easy and Fun Linda Delzeit,1991 American Book Publishing Record .1992 The Cumulative Good Swimming Win Wilson, 2009-10-29 Artwork John Book Index ,1992 A world list of books in the English language Forast Photography and Design Penny Jackim Illustrations Technical Advisors Matt Kredich Head Coach Women's Swimming University of Tennessee Edward Reed Aquatics Director Emeritus University of Alabama Jane Barkman Brown Olympic Gold **Swimming for Total Fitness** Dr. Jane Katz, 2011-04-27 Swimming is one of Medal Winner and Independent Swim Coach the best most enjoyable and most effective forms of exercise available and this is the classic guide for beginners and expert swimmers alike completely revised and updated for the 90s B W line drawings throughout The Complete Beginners Guide To Swimming Mark Young, 2016-05-20 As a beginner learning how to swim you face many often scary unknowns From first entering the water to lifting your feet up off the bottom submerging your face and learning to breathe From conguering your fears right through to learning what each part of your body should be doing when swimming the four basic strokes The Complete Beginners Guide To Swimming contains everything you could possibly need Contents The Benefits of Swimming Fear of Swimming Swimming Science Buoyancy Aids Entering The Pool Learning To Go Underwater Standing Up Mid Swim How To Float How To Relax In The Water How To Glide Through The Water How And When To Breathe Basic Floating Exercises Front Crawl Backstroke Breaststroke Butterfly Inside you will find real questions from real beginners learning how to swim Questions like why do my legs sink why do I get water up my nose and why do I get so tired Each one with a detailed and personal answer from the author **Subject Guide to Books in Print** ,1975 Learn to Swim Kathy McKay, Rob McKay, 2005-03-21 Learn to Swim guides parents of babies and children from ages 6 months to 4 years through progressive baby friendly swimming lessons that not only build confidence and help control sleep problems and tantrums but are proven to stimulate intelligence and concentration increase emotional and physical development and boost immunities DK s step by step approach will help parents teach water confidence and safety skills for babies and young children in Learn to Swim

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