



A SIMPLE GUIDE TO ADULT SWIMMING CLASSES

Tips, tricks, and more

Adult Swimming Guide

Jill C. Cash



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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

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Swimmers Guide Bill Haverland,Tom Saunders,1995-05

The Busy Adult's Guide to Healthy Eating and Weight

Loss J. Matthews,2024-03-08 The Busy Adult s Guide to Healthy Eating and Weight Loss is your ultimate companion in navigating the complex world of nutrition and fitness amidst a hectic lifestyle Tailored specifically for those who are always on the go this eBook demystifies diet trends offers practical meal prep strategies and introduces efficient time saving workouts It understands the challenges of balancing work family and personal time providing actionable advice to integrate healthy habits seamlessly into your daily routine Whether you re looking to lose weight improve your eating habits or simply maintain a healthier lifestyle without sacrificing your precious time this guide is the empowering resource you ve been searching for Unlock the secrets to a healthier you even with a packed schedule and embark on a journey towards a more vibrant energetic life

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