



Swimming Systematized: A Compendious Manual of Swimming (Classic Reprint) (Paperback)

By Clarence G Dowd

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Swimming Systematized: A Compendious Manual of Swimming Swimming is at once a necessity and a recreation. A necessity in case occasion requires saving yourself or possibly others from drowning. As a recreation swimming provides healthful exercise. Boys should not be warned to stay away from the swimming hole (providing the water is not contaminated) but should be instructed in correct swimming so that they will be safe in enjoying a healthful sport which is far better than illicit amusement or benumbing idleness. A muscular physique is not necessary in order to become a good swimmer. In this course the steps have been made gradual in order that each exercise and lesson may be studied and remembered. It is fairly brief so that the student need not read a volume and then search for a few practical points. As illustrations seem to flash out of mind the moment the student enters the water none are given. The field of swimming and bathing literature has been searched for an analysis of the basic fundamental steps of swimming...



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