



Swimming Simplified (Classic Reprint) (Paperback)

By Lyba Sheffield

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Swimming Simplified The purpose of this text book is to simplify the learning and teaching of swimming from a scientific point of view. Our further objective has been to arrange a series of lessons in their logical progression to meet the demands of schools, playgrounds, clubs, and aquatic centers. The text has been graduated to serve the needs of beginners and swimmers, and a special section upon the method of procedure for mass instruction and class management has been arranged for teachers of swimming. We have avoided a detailed and technical analysis of all swimming strokes, featuring only the fundamental ones necessary in the logical progression of swimming. A lengthy dissertation might be written regarding the values of swimming. However, it is sufficient to state that it is one of the most popular and pleasurable of athletic activities; from a physiological standpoint it is one of the most healthful exercises for developing the body symmetrically; swimming is necessary from a utilitarian standpoint because it serves as a means of saving life, A swimming and life-saving...



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