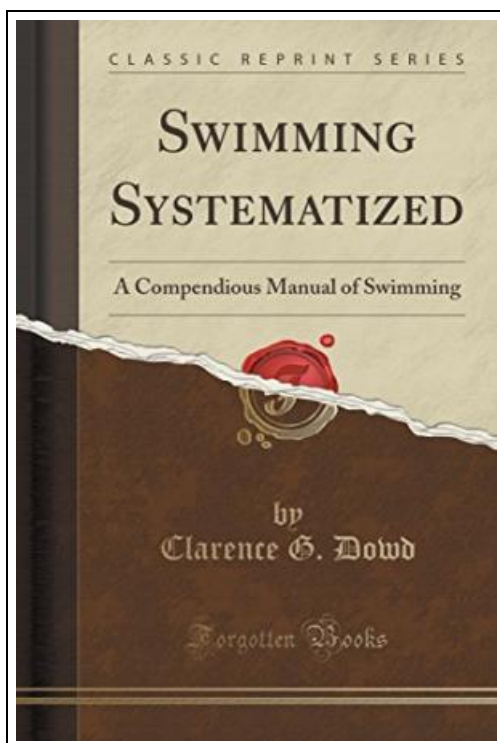


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SWIMMING SYSTEMATIZED: A COMPENDIOUS MANUAL OF SWIMMING (CLASSIC REPRINT)



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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 but finding none treating such details which the author deems necessary and vital to rapid progress this manual is the resultant endeavor to provide enough to smooth the way to achievement. | As no two persons swim exactly alike space has been provided for personal notes. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection...



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