



The Complete Guide To Simple Swimming: Everything You Need to Know from Your First Entry into the Pool to Swimming the Four Basic Strokes

Mark Young

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From terrified to terrific, 'Simple Swimming' is *the* book to help boost swimming ability. For the complete beginner, this book helps the terrified to understand and appreciate the water and for the established swimmer to adjust and correct the four basic swimming strokes. The 82 fully illustrated exercises contained in this book can help any beginner to learn and practice, and any swimmer to eliminate bad habits and fine tune their swimming. Mark Young is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim. He has taken nervous, frightened children and adults with a fear of water and made them happy and confident swimmers. He has also turned many of average ability into advanced swimmers. He has drawn on his experiences and countless successes to put together this simplistic methodical approach to swimming.

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