

Learning to Swim is important . Why?

Swimming is one of the most popular sports in the world. It help's toddlers and children all over the world overcome their fear of water and to help learn more about swimming.

Skills?

Skills are one of the most important things about swimming. Skills are there for when you're in danger and when you are having trouble forcing on your breathing .

Styles ?

There are 4 main styles in swimming.

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

These are the 4 main styles of swimming.

Health benefits ?

The benefits of swimming are to

- builds endurance
- muscle strength
- cardiovascular fitness

And to keep you stay active, motivated & healthy heart and lungs.

Jobs?

Job you can gets as a swimmer are

- Olympics
- Life guards
- Swimming Teacher
- Professional swimmer

And many other things

Facts about swimming??

- Women's weren't allowed to compete in the Olympics until 1912
- Most of the nation's population cannot swim
- Did you know that a person can stay in the pool for up to 24 hr or 28 hr, that is 1 to 2 days .
- And it can peel your outer skin layer

Sports??

Swimming is a sport that people love doing swimming and it helps you learn more about what to do when you're stuck in the middle of a riptide and people. Swimming became a sport when competition even before the first Olympic Games in 1896 in 1837 the first swimming competition started in London and became well known in England's National Swimming Society , In 1846, Australia held the first swimming championships.

When Swimming all over the world start ?

- Apr 5, 1800. Competitive Swimming Starts in Europe, 1800's. ...
- Aug 5, 1896. First Time Swimming Competed in the Olympics. ...
- Apr 5, 1900. Competitive Swimming Starts to Become Popular, 19th century.
- Apr 8, 1904. The Stroke Backstroke was added to the Olympics.
- Jul 19, 1908. ...
- Apr 8, 1912. ...
- Aug 11, 1912. ...
- Apr 8, 1922.

Planing

Swimming

- Facts about swimming
- Health benefits
- Sport
- Fun
- Jobs
- Skills
- Styles
- Survival

Punctuation -

Capital Letters

Full stop

Comma

Question mark , Exclamation mark.

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