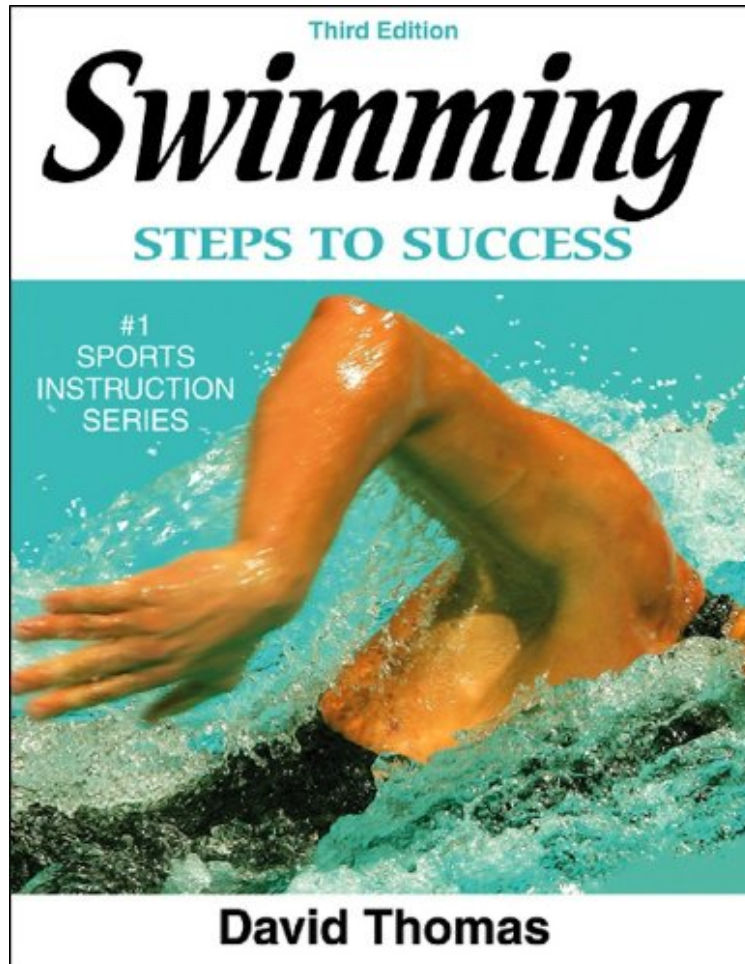


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## Swimming, Third Edition: Steps to Success (Steps to Success Sports Series)

Von David Thomas

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**Von David Thomas : Swimming, Third Edition: Steps to Success (Steps to Success Sports Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Swimming, Third Edition: Steps to Success (Steps to Success Sports Series):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. A solid foundation for the adult non-swimmer.Von jdagosto@aol.comAt almost 40 years of age, I had a fear of the water. There are few books on the subject that are detailed and explicit. With "Swimming steps to success" at the pool-side I was able to learn that I can float, and with confidence, learn the basic effective strokes. I am indebted to Mr. David G.

Thomas, he succeeded where my busy swimming instructor could not.

Kurzbeschreibung Become more fluid in the water with *Swimming: Steps to Success*. This comprehensive guide provides progressive instruction to help you master several swimming strokes and skills: backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, trudgen, floating, diving, sculling, and underwater swimming. Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. The multiple drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill. Pressestimmen "This edition of " *Swimming: Steps to Success* "is even more thorough than the second, covering a wider range of skill levels. Its complete, step-by-step progression is an excellent way to learn to swim, improve technique, or master the strokes and skills. The author's unique system of checking and scoring success for every aspect of every skill provides motivation to help readers reach their goals." "Dick Hannula Member of the International Swimming Hall of Fame Former multiple-term president of the American Swimming Coaches Association Kurzbeschreibung Become more fluid in the water with *Swimming: Steps to Success*. This comprehensive guide provides progressive instruction to help you master several swimming strokes and skills: backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, trudgen, floating, diving, sculling, and underwater swimming. Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. The multiple drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill.