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Basic Swimming Skills - bsaswim.com -

Mon, 11 Jun 2018 05:42:00 GMT - Swim Smooth Guide To Open Water Swimming Written by Swim Smooth Head Coach Paul Newsome Your exhalation should feel like a long steady sigh into the water and can be

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Thu, 07 Jun 2018 18:40:00 GMT - swim. This module is intended to be a guide to students in secondary schools who wish to follow a detailed course of swimming and lifesaving.

THE ROYAL MARINES Swimming - TeachPE -

Wed, 23 May 2018 20:38:00 GMT - Swim Terms for Kids.....26 Introduction To swim fast there are two ways to direct body movements in the water. â€¢ Align it to produce the least resistance while moving forward.

A brief and basic competitive swimming stroke clinic handout. -

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