

Learning to swim for the first time

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Learning To Swim For the First Time Swimming is one of my favorite sports. Swimming is one of the best pastimes that people have Learning how to swim is indeed very exciting. People said to be much easier when teaching a young child under the age of five. Swimming is exciting, good experience and good for health. First of all, swimming is exciting for several reasons. Swimming is exciting because it is completely different from any other sports out there. Swimming is also exciting because of all the neat tricks you can do in the water. On a hot day, what would you rather do, than swimming? You will get cooled off when it is a hot day. This is one of the reasons also that I love summer, so I can go to the beach to . It is also exciting to go swim with your family or friends. When its summer already I always go to the beach to swim and get tan because I can't get tan at the winter even if there is still places to do tanning I am afraid to try it. Second, Swimming is a good experience. I was 5 years old when I learned how to swim. It was my father who taught me how to swim. Every day, for about a week, he took me to the swimming pool in the park in my town and spent about three hours teaching me how to swim. However, the first lesson that I had in swimming was very unpleasant. I sank several times and not only drank a lot of water but also let some to enter my nose. In addition, I felt as though I was drowning. My father did not seem to be very helpful. I blamed him every time I had some difficulty in the water. He always responded it by laughing and irritating me more. On week after my father and I went to the park to swim, while I was standing front of the pool my dad came behind me then threw me in the water, I was screaming and asking for my father for help, but he responded " I taught you how to swim for a week now do what you had learned". So I followed him to the pool for the second time. That day I was able to keep my

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nose above the water. My father was more helpful. He allowed me to use a rubber tube whenever I felt tired. I began to like his lessons. Learning to swim either in an ocean or shallow pool is essential for every child to know.

Finally, Swimming is healthy. Why is the healthy about swimming?

Swimming works practically all of the muscles in the body (if you do a variety of strokes). Swimming can develop a swimmer's general strength, cardiovascular fitness and endurance. It does not help with bone density - you need to weight bearing exercise for that - but that is about all that is missing from what swimming could do for your fitness. Also, you get a full body workout not only that, but it is more for an individual sport than the other sports. Your cardiovascular system in particular benefits because swimming improves your body's use of oxygen without overworking your heart. In short, after all those reasons I grew up loving to swim and it became my favorite sport because of how exciting is swimming, the good experiences that I learned and how healthy it is to swim. Now my minor in college is scuba diving.