

My hobby



**ASSIGN
BUSTER**

Swimming is one of my favorite activities. I have liked it since childhood. I especially enjoy swimming in open waters. There are many rivers and lakes in Ukraine, where you can swim safely. All I need for swimming is clean water, proper depth and good weather. Most of all I like swimming in the sea during the summer time. There is Black Sea in southern Ukraine, and I love to spend my summer vacations over there together with my family. There are many resort towns with large sandy beaches that are perfect for sunbathing and swimming on the Black Sea coast. Unfortunately, Lviv my hometown doesn't have large lakes and rivers.

It is located close to the Carpathian Mountains and we have only a few small lakes and rivers near the city that are suitable for swimming. This is why I am very glad that it is the beautiful Lake Michigan in Chicago where I live now. I can swim here in summer plenty. I get great satisfaction from swimming. I like to swim 30-45 minutes at a time. I take a long breath and I totally relax and quietly row my arms. What a pleasure it is after a race to lie on the warm sand sea and feel the gentle sunlight! Freestyle is my favorite style of swimming. This style of swimming makes my back muscles and arms stronger and also allows my lungs to work at full capacity.

Besides getting pleasure from swimming, this sport is very useful for human health in general, particularly for the spine and joint. They are in a state of weightlessness in the water, what greatly reduces the load on them and helps them strengthen. Therefore my hobby keeping me great satisfactions, and it is very useful for health. It is a major factor in choosing places for traveling and spending vacations.