

## [HISTORY]

The sport of swimming has been recorded since prehistoric times; the earliest recording of swimming dates back to Stone Age paintings from around 7,000 years ago. Swimming emerged as a competitive sport in the 1830s in England. In 1828, the first indoor swimming pool, St George's Baths was opened to the public. Swimming became part of the first modern Olympic Games in 1896 in Athens.

## [STROKES AND TECHNIQUES]

Freestyle – also known as the front crawl. Introduced to the Western world in 1902 by Richmond Cavill, an Australian. The most common competitive stroke in swimming. Is executed by a series of pulls with the arms (recovery, in, pull, other arm, repeat) and kicking your legs swiftly from the hip (flutter kick).

Back Stroke – also known as the back crawl. A backwards version of the freestyle, as it is very similar because of their alike arm movements and the usage of flutter kick. The main difference is that swimmers may breathe as often and as long as they like. To do the back stroke, you float facing up (hips up and head down) and rotate your shoulder. As the shoulder rotates up in front of you, swing your arm out of the water thumb out, then arc it back in pinkie first. Bend your arm slightly to push the water allowing you to slice and glide through the water and repeat with the other arm alternating.

Breaststroke – One of the most leisurely yet hard to learn strokes. Captain Matthew Webb, the first man to swim the English Channel, used the breaststroke, swimming 21.26 miles (34.21 km) in 21 hours and 45 minutes. The breaststroke is commonly described as the "frog swim", as it looks like how a frog would swim. With your arms, bring your hands back together in front of your chest, push them out in front of you, then push outwards to pull yourself out of the water to take a breath. After you take the breath and as soon as your head goes back in the water, with your legs, bend your knees so your feet point towards the surface, spread your feet out whilst keeping your knees together, then push outwards. Repeat arms, then legs. Remember to never do arm and leg motion together.

Elementary Back Stroke – the backwards version of the breaststroke. Float on your back, with your arms flat by your sides. Slide your hands up your sides then push outwards against the water. At the same time, bend your knees to your chest then push outwards as you would with breaststroke. Unlike the breaststroke, you want to do the arm and leg motions *at the same time as each other*.

Butterfly - Butterfly was developed in the 1930s and was at first a variant of breaststroke, until it was accepted as a separate style in 1952. One of the hardest and most

challenging strokes. To do butterfly, do the dolphin kick for 2-3 kicks, then push your arms outwards as you pull yourself up and take a breath. Then, recover your arms back to their original position by swinging them back into the water as you breathe. Much complicated. Such wow.

[HEALTH BENEFITS]

- 1) The ability to work your body without harsh impact to your skeletal system (your body does not bear much of your own weight when it's submerged in the water!)
- 2) Increased muscle tone and strength
- 3) Improved flexibility
- 4) Improves asthma symptoms
- 5) Improved rate of "good" cholesterol
- 6) Lower risk of diabetes
- 7) It kind of keeps you from drowning and dying 😊