

# Swimming

Chapter 1 Introduction: What Is Swimming?  
Splash! Whoosh! These are some of the sounds of swimming. What is swimming, actually? Swimming is a fun, tricky sport. Keep reading to learn more about this awesome sport!

## Chapter 1: What You Need

For swimming, you will need some equipment. First of course, you'll need a swim suit. That is the second most important piece of swim equipment. Also, make sure you know how to swim. This is the most important thing about swimming. You'll also need goggles. Goggles are like glasses but goggles have an elastic strap that goes around your head. Goggles help you see underwater. You also need a towel to dry off when you finish. Those are the things you need to swim.

## Chapter 2: Different Strokes

In swimming, there are many different strokes. A stroke is a way of swimming. One of the strokes is front crawl. You are on your belly, paddling your arms, and kicking your feet. A second stroke is back crawl. You lie on your back, make your arms like propellers, and kick your feet. These two strokes are probably the most popular strokes. Anyway, another stroke is called breast stroke. You have to lie on your belly and make your feet and arms go in circles. These are some of the

Many strokes in the sport of swimming-

### Chapter 3: Levels at the FHS Swim Class

One place you can go to get coached on swimming is the Fraser High School (FHS). They have many different levels for swimmers. The levels are all named after sea animals. This is the order: Ducklings, Jelly fish, Guppies, Flounders, Turtles, Sea horses, Electric Eels, Stingray, Manatee, Marlins, and Barracuda. Each level teaches a few new strokes. And they are all fun!

### Conclusion: Go swim!

Swimming is the best because you can feel yourself pushing through the water. Maybe someday you will try this awesome sport.