

The Swimming Strokes Book: 82 Easy Exercises For Learning How To Swim The Four Basic Swimming Strokes By Mark Young

By Mark Young

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<http://www.wikihow.com/Swim-to-Stay-Fit>

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recommending the use of a "fishing rod" device to aid in the learning of swimming. step approach to learning to swim that is two arm strokes,
http://en.wikipedia.org/wiki/History_of_swimming

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http://en.wikipedia.org/wiki/Freestyle_swimming

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<http://www.giuntialpunto.it/product/b00g286iy6/libri-altre-lingue-how-swim-butterfly-step-step-guide-beginners-learning>

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<http://fourhourworkweek.com/2008/08/13/total-immersion-how-i-learned-to-swim-effortlessly-in-10-days-and-you-can-too/>

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http://www.academia.edu/9517706/SWIMMING_CLASSES_IN_JUNIOR_HIGH_SCHOOL_STUDENTS_OPINION

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<http://www.videojug.com/film/front-crawl-for-beginners>

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