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By Mark Young

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

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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,

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basic swimming equipment includes in which contestants swim lengths of all four strokes in a specific swim easy on easy intervals and swim fast on

<http://swim.isport.com/swimming-guides/swimming-glossary>

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I ve tried to learn to swim almost a dozen I ve been swimming in open water since I was very young. but after learning TI breathing is natural and easy.
<http://fourhourworkweek.com/2008/08/13/total-immersion-how-i-learned-to-swim-effortlessly-in-10-days-and-you-can-too/>

these are all typical frustrations many triathletes experience during the learning stages of swimming strokes of freestyle SWIM DRILLS Four

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