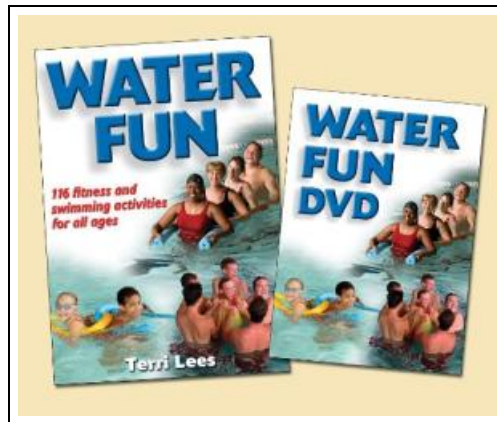


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Human Kinetics Publishers, United States, 2007. Mixed media product. Condition: New. Language: English . Brand New Book. Swimming participation in the United States rose to 58 million in 2005, according to the Sporting Goods Manufacturers Association. A popular activity for both fun and fitness, swimming is now easier to learn, enjoy, and use as exercise with Water Fun. Including more than 100 stunts, skills, games, and workouts that may be tailored to meet specific needs, this book has something for every age and skill level. To help beginners gain confidence in the water, basic water exercises that may be performed in a vertical position are provided, along with workout options that do not require participants to be fully submerged in the water. Water Fun also includes activities for exercisers who want to transition from water exercise to swimming. Athletes, along with instructors, coaches, and athletic trainers, will also find sport-specific and cross-training activities to enhance their conditioning regimens. With a complete collection of individual and group activities that require little, if any, equipment, Water Fun has everything water exercisers need to become more comfortable and skilled in the water. Water Fun DVD! The activities from the book Water Fun come to life in the Water Fun DVD. These aquatic activities are ideal for participants of all ages and skill levels because they re easy on the joints, they don t cause heat stress, and--most important--they re fun! The majority of the 57 activities included on the DVD occur in shallow water and require little, if any, swimming skill. Terri Lees hosts and narrates this DVD that is divided into five segments: -Levels of Performance -Aqua Basics -Sports Aqua -Partner Stunts and Skills -Water Games That Train Each segment includes several activities, and instructors are encouraged to create their own variations...

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