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Water Fun: 116 Fitness and Swimming Activities for All Ages (Mixed media product)

By Mr Terri Lees

Human Kinetics Publishers, United States, 2007. Mixed media product. Book Condition: New. 251 x 180 mm. 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...



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