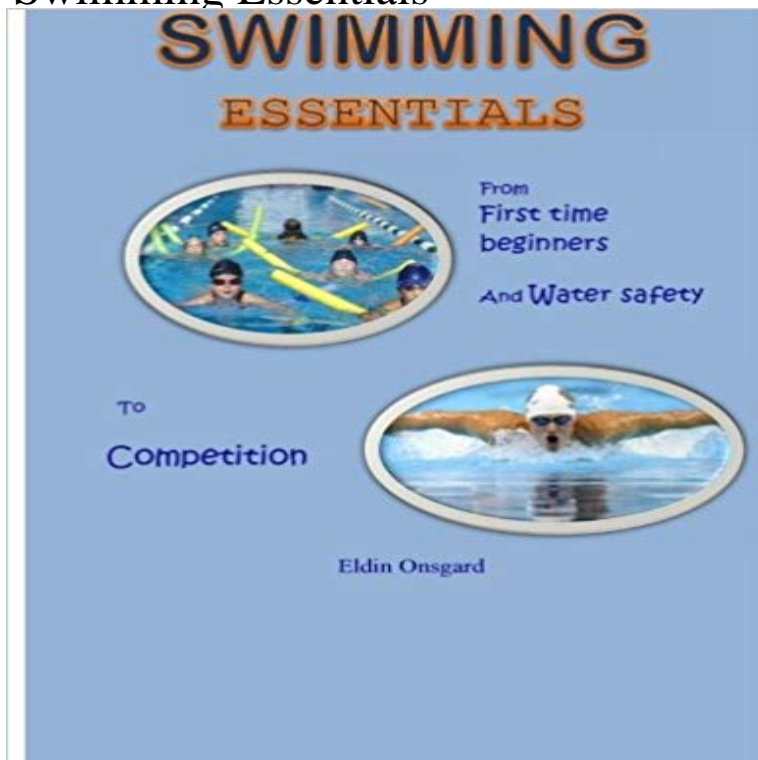


Swimming Essentials



Written by a college professor who has excelled as a competitor, swim teacher and swim coach. It has all the information and illustrations necessary to aid you at every level from beginner to competitor. It also introduced essential information on water safety.

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