



# **Swimming, Third Edition (Steps to Success Sports Series)**

*David Thomas*

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Become more fluid in the water with Swimming: Steps to Success. This comprehensive guide provides progressive instruction to help you master several swimming strokes and skills: backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, trudgen, floating, diving, sculling, and underwater swimming.

Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. The multiple drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill.



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