



## How to Swim: A Practical Manual of Swimming by a Practical Swimmer and a Guide to the Novice as Well as the Expert, Showing the Easiest Methods of Learning to Swim, Dive and

By James H Sterrett

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from How to Swim: A Practical Manual of Swimming by a Practical Swimmer and a Guide to the Novice as Well as the Expert, Showing the Easiest Methods of Learning to Swim, Dive and Float, Various Kinds of Strokes, With Directions and Illustrations for Acquiring the Crawl And The author of this little volume originally compiled the material at the request of the late James E. Sullivan, with whom he was associated in Amateur Athletic Union affairs for a great many years and therefore naturally takes a more than passing interest in the book. With the great advance that has been manifested in swimming, it became necessary to make a thorough revision of the entire matter, at the same time adding a new chapter in life-saving methods which should prove invaluable. While the author disclaims any attempt of self-laudation, still for the benefit of the many who will read this volume and would like to know his capability for assuming to teach the modern methods of swimming, the following letters, from prominent authorities on the sport,...



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