



SWIMMING 06

GAYTHER COLOUR AND LEARN



Swimming is a water-based sport and recreational activity where individuals and athletes use their arms and legs to move through water efficiently. The sport includes various strokes such as freestyle, breaststroke, backstroke, and butterfly, each requiring technique, strength, and endurance. Swimming is practised both for fitness and competition, with events held in pools and open water, and it is an Olympic sport known for its speed, skill, and versatility. Swimming is one of the oldest forms of human activity, dating back to prehistoric times when early humans swam for survival. Organised competitive swimming began in the 19th century, with the establishment of swimming clubs and standardised rules..



INTERESTING FACT

The breaststroke is the oldest swimming stroke and the one most people are taught when they first start learning to swim.

