

WHAT IS SWIMMING?

Swimming is a sport, exercise, and recreational activity that involves moving through water using various strokes.



BRIEF HISTORY

ANCIENT TIMES – Cave paintings from the Stone Age (circa 10,000 BCE) depict early forms of swimming. Egyptian, Greek, and Roman societies incorporated swimming in their military training and recreational activities.

MIDDLE AGES – Interest in swimming declined due to fears of drowning and diseases.

RENAISSANCE & MODERN ERA – By the 19th century, swimming became more popular as an organized sport. Competitive swimming was introduced in the Olympic Games in 1896 for men, with women's events added in 1912. Today, swimming is a globally recognized sport with various styles and techniques.

TYPES OF SWIMMING

Recreational
Competitive
Lifesaving
Therapeutic



HEALTH & FITNESS BENEFITS

IMPROVES CARDIOVASCULAR FITNESS

- STRENGTHENS MUSCLES AND JOINTS
- ENHANCES LUNG CAPACITY
- LOW-IMPACT EXERCISE, GREAT FOR ALL AGES
- REDUCES STRESS AND BOOSTS MENTAL HEALTH



SWIMMING TECHNIQUES AND STROKES

FREESTYLE - A front crawl swimming stroke, considered the fastest.

BACKSTROKE - A stroke where a swimmer floats on their back and uses an alternating arm stroke.

BREASTSTROKE - A stroke with a frog-like kick and arm movement performed in front of the swimmer.

BUTTERFLY - A powerful stroke that involves both arms moving together in a windmill motion, paired with a dolphin kick.

