

## **Tutorial Proposal: Swimming Drills for Improvement**

### **What I'm going to use:**

#### **Toggle Switch with Toggle Winter and Summer mode -**

[https://www.w3schools.com/howto/howto\\_css\\_switch.asp](https://www.w3schools.com/howto/howto_css_switch.asp)

[https://www.w3schools.com/howto/howto\\_js\\_toggle\\_dark\\_mode.asp](https://www.w3schools.com/howto/howto_js_toggle_dark_mode.asp)

- Winter is the dark mode and it changes the background into an indoor pool with a background showing cool colors and a sort of evening feel to represent the dark mode.

- Summer will be the light mode and it changes to the background into an outdoor pool (maybe the default background). The background will show warm colors and a sunny day feel to represent the light mode.

**Slow Scroll** - [https://www.w3schools.com/howto/howto\\_css\\_smooth\\_scroll.asp#section2](https://www.w3schools.com/howto/howto_css_smooth_scroll.asp#section2)

**Animate Buttons** - [https://www.w3schools.com/howto/howto\\_css\\_animate\\_buttons.asp](https://www.w3schools.com/howto/howto_css_animate_buttons.asp)

**Read More Read Less** - [https://www.w3schools.com/howto/howto\\_js\\_read\\_more.asp](https://www.w3schools.com/howto/howto_js_read_more.asp)

**Filter/Search List** - [https://www.w3schools.com/howto/howto\\_js\\_filter\\_lists.asp](https://www.w3schools.com/howto/howto_js_filter_lists.asp)

For my Tutorial page, I will create a page called "Swimming Drills for Improvement". It will guide users, whether they are beginners, swimmers or qualifiers, how to improve and get better at swimming. There are a lot of swimming drills for each of the four strokes.

First I will create sections of the four strokes (Freestyle, Backstroke, Breaststroke, and Butterfly). In these sections will be the different techniques and drills for that certain stroke.

Using the **Read More and Read Less**, it will hide the information of the drills in order to make room for the page.

Using the **Animate button**, it will decorate the **Read More and Read Less** button including the other buttons of my website.

Using the **Slow Scroll**, it will go through each section of the strokes.

Using the **Filter/Search List**, it lists out the specifications of the user depending on the stroke selected such as arms, legs and core drills.

As for the other two links are an extra just to add a creative feel for my overall website. It is creating a light/dark mode for my website, but instead of being called light/dark mode, it will be called *Summer and Winter mode*. Using the **Toggle Dark and Light mode**, it will change the

display of the whole website called Winter and Summer mode. Using the **Toggle Switch**, it will decorate the button for the dark and light mode.