Gerund as Object

- I enjoy swimming.
- Maryam loves reading.

*We can use a gerund after the following verbs:

enjoy finish
give up imagine
keep on practice
quit love

*We usually use go + a gerund to describe recreational activities.

- Let's go shopping.
- Yesterday, we went biking.

Here are some common examples:

go fishing go skating go sailing go skiing go jogging go running go swimming

