



# Swimming Lesson

Conversation > Intermediate 5



## Exercise 1 – Vocabulary

<b>persuade</b>	To get someone to agree with you by giving them reasons.
[verb]	<i>Ex: I am trying to <b>persuade</b> my colleague to help me.</i>

<b>float</b>	To be on or near the surface of a liquid without sinking.
[verb]	<i>Ex: She likes to read while <b>floating</b> in the pool.</i>

<b>instructor</b>	A person who teaches a skill or sport.
[noun]	<i>Ex: There are many good <b>instructors</b> in this gym.</i>

<b>anxious</b>	Feeling worried or nervous.
[adjective]	<i>Ex: He is feeling <b>anxious</b> about his job interview.</i>

<b>drown</b>	To die from being underwater for too long and unable to breathe.
[verb]	<i>Ex: He almost <b>drowned</b> in a diving accident.</i>



<b>flutter board</b>	A small board used by swimmers to support the head and the upper part of the body.
[noun]	<i>Ex: Just hold this <b>flutter board</b>, and kick the wall in the pool.</i>

<b>eventually</b>	At some point in the future, especially after a series of events, problems, etc.
[adverb]	<i>Ex: She knew that she would have to get up <b>eventually</b>.</i>

<b>take a dip</b>	To go for a swim.
[phrase]	<i>Ex: Peter wants to <b>take a dip</b> in the sea.</i>

<b>flutter kick</b>	A swimming kick in which the legs move up and down in the water.
[noun]	<i>Ex: <b>Flutter kicks</b> are the basic in swimming.</i>

<b>front crawl</b>	A swimming style; the swimmer faces downwards and moves their arms alternately in strokes.
[noun]	<i>Ex: I can now do the <b>front crawl</b>, I practiced a lot.</i>



## Exercise 2 – Dialogue

*Choose one character and read the dialogue aloud with your tutor.*

Mom: John, we are here at the pool because you have your first swimming lesson today.

John: But I don't want to go in the pool. I'm afraid, mom.

Mom: There's nothing to be scared of. You have a very good and friendly instructor. I will be there, too.

John: What should I do first, mom?

Mom: Just take a dip in the pool and follow your instructor. She will teach you the basic ways to swim.

John: I'm still anxious, mom. I might sink and drown.



Mom: No, you won't. Just relax and imagine that you are a boat.

John: A boat? Wow! Are you trying to persuade me?

Mom: You can use this flutter board, too. It will help you float on the water.

John: Alright, mom. I'll give it a try.

Mom: Start with a flutter kick. You will be able to do the front crawl eventually. It'll be fun.

John: Okay, mom. I trust you.



## Exercise 3 – Fill in the Blanks

*Choose the correct answers from the answer pool below and fill in the blanks.*

### Answer Pool

drowning  
persuaded  
front crawl  
flutter kicks  
take a dip  
eventually  
floating  
flutter board  
instructor  
anxious

1. If you work here long enough, you'll \_\_\_\_\_ meet the CEO.
2. Take this \_\_\_\_\_, it can help you with your swimming lessons.
3. One of my biggest fears is \_\_\_\_\_.
4. She's \_\_\_\_\_ because today is her big wedding day.
5. The \_\_\_\_\_ is stressing the importance of proper form.
6. There are many flowers \_\_\_\_\_ on the water.
7. I \_\_\_\_\_ my parents to let me attend the rock concert.
8. Do you want to \_\_\_\_\_ in the pool?
9. You can start with \_\_\_\_\_, it will be better!
10. What swimming style do you like? I like the \_\_\_\_\_.



## Exercise 4 – Role Play

*Take turns with your tutor and act out the scene described below.*

**Scene:** Your friend Megan is afraid of water and cannot swim, give your friend advice so that she can go into the water. The teacher can be Megan.



## Exercise 5 – Discussion

*Discuss the following questions with your tutor.*

1. Do you think it's necessary to learn how to swim? Why? Why not?
2. What are the advantages and disadvantages of swimming?
3. Do you think it's harder for grown-ups or children to learn how to swim?
4. How can you make swimming less tiring and more fun?
5. What do you think is the most difficult swimming style? Why do you think so?