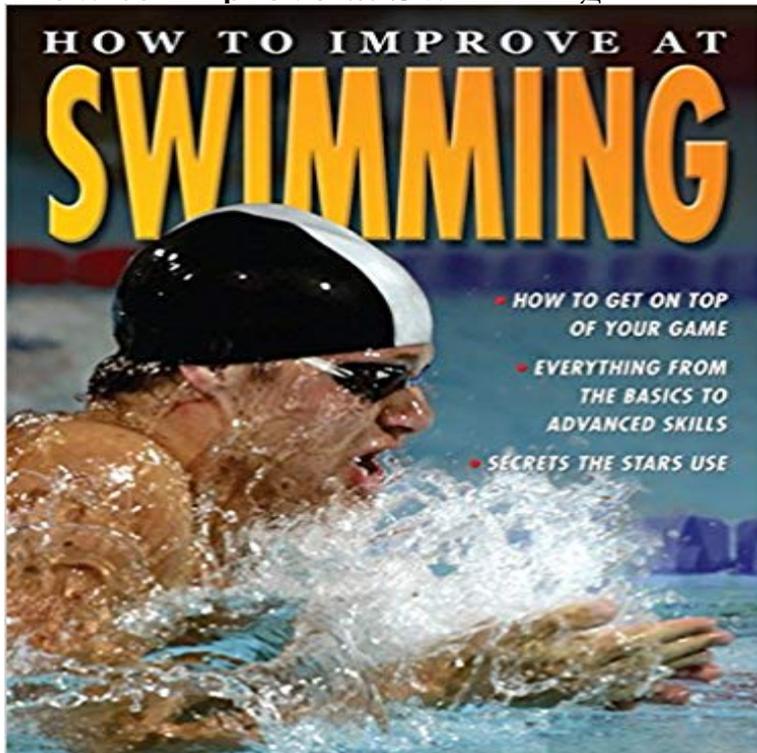


How to Improve at Swimming



This series of books places the emphasis firmly on getting out and practising the skills shown in this book. They contain diagrams and step-by-step photography to make difficult skills easy. National Curriculum: KS3.

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