



Swimming: Steps to Success

Scott Bay

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Be confident in the pool or open water with *Swimming: Steps to Success*. This proven program will help you master these techniques:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Starts and Turns
- Open Water
- Survival Swimming

Step-by-step instruction and color photos show basic arm and leg movements along with proper body position for each skill. Drills reinforce the instruction and help you practice each stroke. There's even a scoring system for gauging success and determining readiness to advance to new skills.

Whether you're instructing, learning to swim, or looking to improve your aquatic skills, *Swimming: Steps to Success* will let you develop at your own pace. Part of the highly successful Steps to Success Sport Series with more than 2.5 million copies sold, it's your guide to in-water excellence.

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