

Swimming for Total Fitness: A Progressive Aerobic Program

Jane Katz, Nancy P. Bruning



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Swimming for Total Fitness: A Progressive Aerobic Program Jane Katz, Nancy P. Bruning Swimming is one of the best, most enjoyable, and most effective forms of exercise available, and this is the classic guide for beginners and expert swimmers alike, completely revised and updated for the '90s.

B & W line drawings throughout.

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