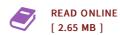




Water Fun Book/DVD Package:Fitness Swimming Activities All Ages (Mixed media product)

By Terri Lees

Human Kinetics Publishers, United States, 2007. Mixed media product. Condition: New. Language: English . Brand New Book. Swimming participation in the United States rose to 58 million in 2005, according to the Sporting Goods Manufacturers Association. A popular activity for both fun and fitness, swimming is now easier to learn, enjoy, and use as exercise with Water Fun. Including more than 100 stunts, skills, games, and workouts that may be tailored to meet specific needs, this book has something for every age and skill level. To help beginners gain confidence in the water, basic water exercises that may be performed in a vertical position are provided, along with workout options that do not require participants to be fully submerged in the water. Water Fun also includes activities for exercisers who want to transition from water exercise to swimming. Athletes, along with instructors, coaches, and athletic trainers, will also find sport-specific and cross-training activities to enhance their conditioning regimens. With a complete collection of individual and group activities that require little, if any, equipment, Water Fun has everything water exercisers need to become more comfortable and skilled in the water. Water Fun DVD! The activities from the book Water Fun come...



Reviews

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Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code

Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****.Think Logically. Present Artistically. The myth: Programming is only for kids who are good at math and science. The...



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Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English. Brand New Book ***** Print on Demand *****. Klara is a little different from the other cows, because she has a very special...



Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by Royal Mail;