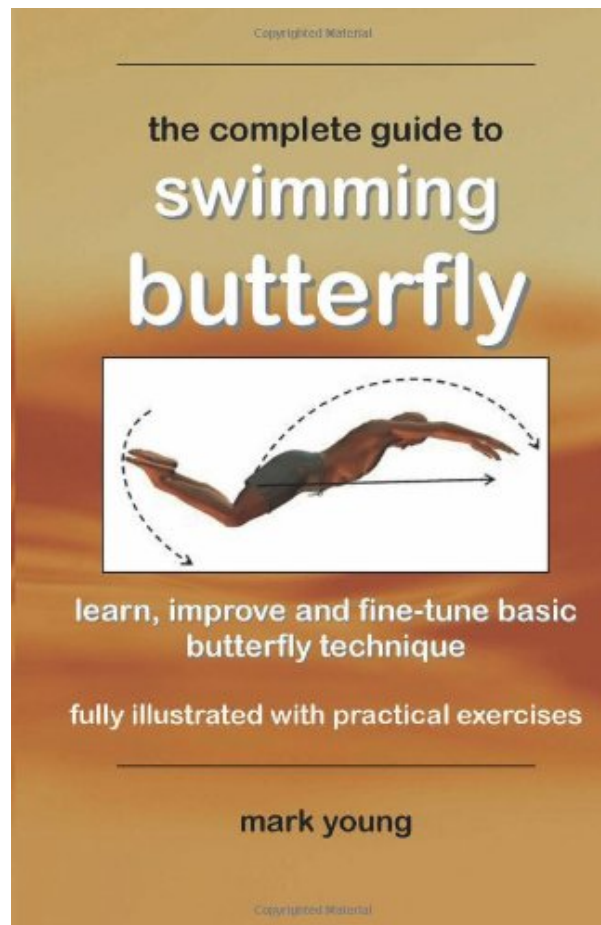


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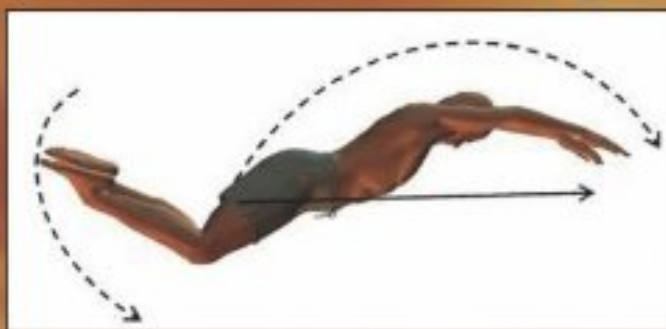


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The Complete Guide to Swimming Butterfly is the perfect quick flick for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this short book helps to learn and understand the basic swimming stroke. The 16 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn, practice and master basic butterfly swimming technique.

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- Dimensions: 7.81" h x .11" w x 5.06" l, .13 pounds
- Binding: Paperback
- 48 pages

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2 of 2 people found the following review helpful.

Start swimming Butterfly

By Meera Shah

Having learnt to swim as a child, Butterfly is always the hardest stroke and one that is least focused on. The book really gives easy tips to apply to your stroke and I saw great improvement over the course of the weeks applying a few tips at a time and adding the easy action points outlined in the book. The book is really easy to follow with illustrations / photographs next to each teaching point and all laid out in easy to glean over point format.

0 of 0 people found the following review helpful.

Really needs to add more sequential diagrams.

By John Brandenberger

I wanted to help my child to better master the Butterfly stroke. She is on the high school swimming team. As we all know, coaches for high school teams for non-major sports are not really able to assist their members. Although, answers are provided in the book there just isn't enough help as to how to get there, what to watch for when they're practicing, what are the most likely problems you will face, and detailed sequential pictures of the correct stroke from different views. Breathing on the Butterfly stroke is a major problem but one that was addressed in detail. Especially a good top view which is what I see most. I just didn't feel that I could really give my struggling child any advice since I didn't know what I should be expecting.

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