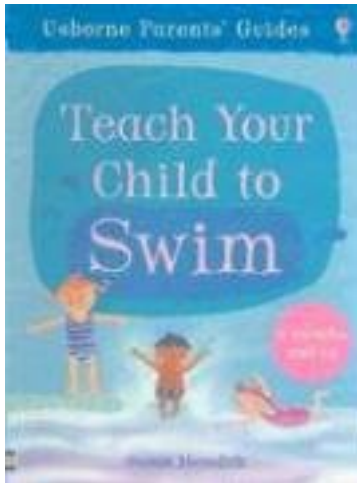


Teach Your Child to Swim



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出版者:

出版时间:2007-12

装帧:

isbn:9780794512835

This is a new edition of the practical parents' guide providing advice on how to teach children aged three months and upwards to swim. It takes parents from basic activities to do with their child - prepare them for swimming to how to teach all the major strokes, as well as diving, swimming underwater and floating techniques. This is an indispensable yet accessible guide to teaching children one of life's major skills. It also contains emergency procedures such as conserving body heat and resuscitation. It is produced in consultation with swimming expert Carol Hicks.

作者介绍:

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