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Swimming is a Great Sport

Swimming is an exciting activity. I think everyone should try it.

Swimming is a good exercise because it can make you stronger.

Swimming uses every muscle in your body, so, your hands, arms and legs will be stronger. You will also grow taller easily.

In addition, swimming is an enjoyable and relaxing exercise. You may splash water with your friends in the swimming pool. When you swim in water, you may relax and imagine yourself flying in the sky because you feel free.

Moreover, swimming may save your life. If you are sailing and unfortunately your boat overturns, you may need to swim to a safe place. Knowing how to swim may save your life and avoid being drowned.

Swimming is a great sport. Let's try it.