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Swimming For The First Time

If you know how to swim, then you know how exciting it can be especially during summer. Growing up I did not give much thought about swimming, although I accompanied my friends to the pool and beach. I would watch as children are taught how to swim, some would scream, and this whole experience seemed very scary to me.

I decided that I must learn how to swim before going to college since Swimming is an important skill not only for leisure, but it can help save a life. Also, since I wanted to keep fit, I thought swimming would be the best exercise for me. I also realized perhaps swimming would make me more confident as a person.

I had seen and visited a pool several times and for every visit I was still nervous for my first lesson.I was shown the direction to the changing room, where I changed into my swimming attire. The instructor had not arrived yet I took time to touch the water and imaging how deep the pool is, what if I cant swim? So many thoughts crisscrossed my mind at that moment. The instructor then showed up together with three more people two perhaps my age and the other a bit older. I looked at the older student who smiled back I noticed he did not feel embarrassed for not knowing how to swim at his age, I felt more at ease. The instructor introduced herself and asked us to get into the pool. I hesitated, and she had to hold my hand and help me into the pool. The instructor asked us to put on some wing like things she explained that they would help us float. The instructor then asked us to hold onto the side of the pool as we kicked in the water for breaststroke. Next individually, the instructor asked us to hold onto the kickboard as she pulled it through the water and we kicked. The other two students, Tom, and Mary, seem to find it easy and were already beginning to swim by themselves in the shallow end of the pool.

I, on the other hand, was finding it very difficult since my legs got tired very fast, and I had to stop and rest for sometimes. The instructor was very patient with me all she did was smile and encourage me to go on. She suggested that with constant practice, I would catch up. I had to concentrate on my arms and legs, since they were not coordinating. Giving up was not an option. I practiced every day after school and was able o float and swim by myself. I was very happy the swimming feeling felt like I was flying across the water.

To be honest, this was the hardest thing that I have every tried out. My first swimming class was not easy, I was, however, persistent and at last I was able to conquer my fear for water. I learned a few things about the swimming experience that when I want to learn something new I should not give up. It may feel uncomfortable at fast but with constant practice it feels very normal. It is also not too late to learn something since it all from the mind and we can achieve anything we put our minds and focus on. Today, I am an even better swimmer; I swim for both leisure and physical fitness. I am more confident with my body. I feel great for achieving my goal.