

# Swimming

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# History of swimming

- Evidence of recreational swimming has been found in Stone Age
- In 1844 was introduced the front crawl to a European audience
- Men's swimming
- Fédération Internationale de Natation **FINA**
- Women's swimming
- Butterfly

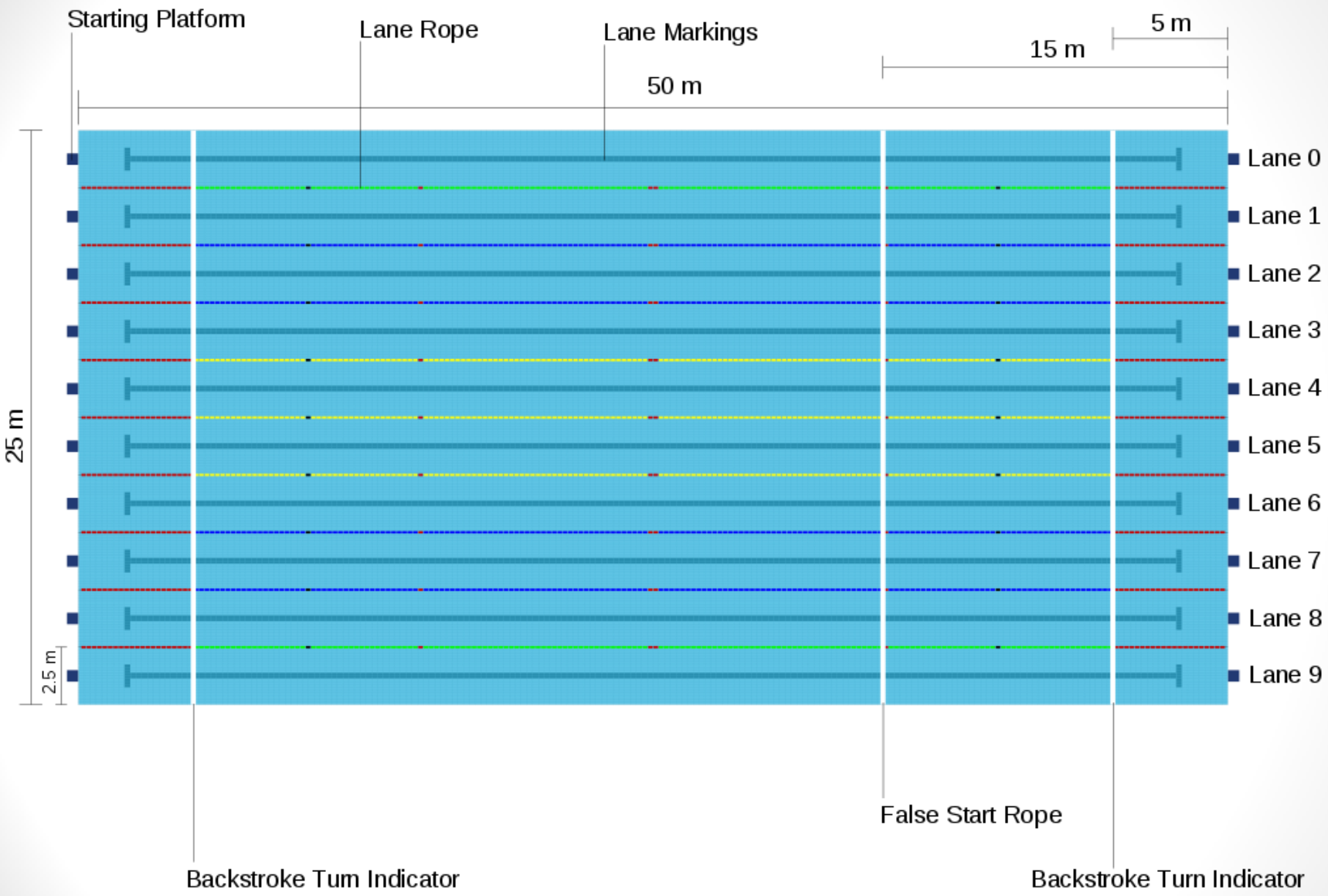


# Competitive Swimming

- 19<sup>th</sup> century
- The goal of competitive swimming is to break personal or world records

# Competition pools

- 25m (short course)
- 50m (long course)
- Ten lanes labelled zero to nine
- Starting blocks at both ends of the pool
- Automatic Officiating Equipment
- Minimum depth of two metres



# Swim styles

- Butterfly (50m, 100m, 200m)
- Backstroke (50m, 100m, 200m)
- Breastsroke (50m, 100m, 200m)
- Freestyle (50m, 100m, 200m, 400m, 800m, 1500m)
- Individual Medley (100m, 200m, 400m)
- IM

# Relays

- Freestyle

- 4x50m
- 4x100m
- 4x200m
- 4x50m mix
- 4x100m mix

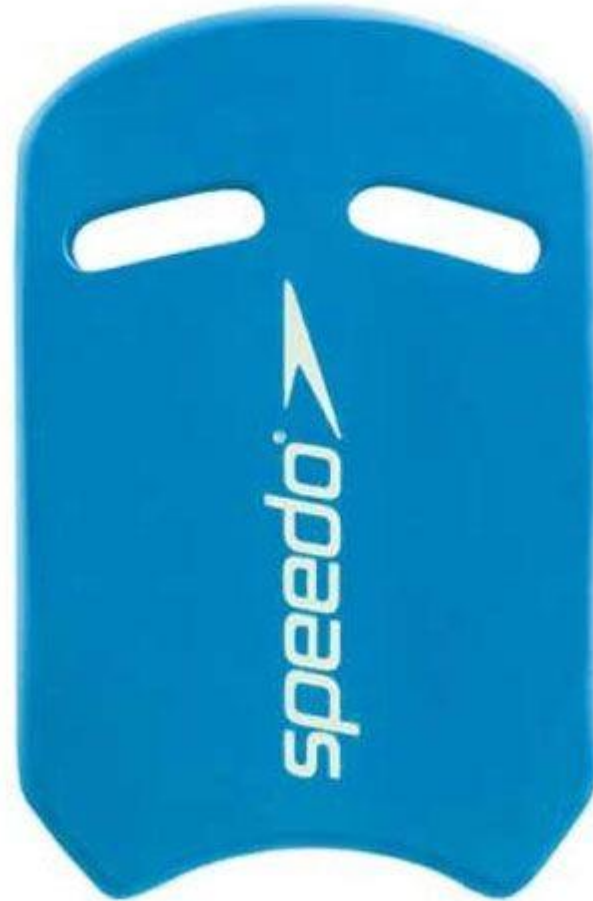
- Medley

- 4x50m
- 4x100m
- 4x50m mix
- 4x100m mix



# Swimming aids

- Swimsuits
- Swim cap
- Goggles
- Swim fins
- Drag suit
- Hand paddles
- Pull buoy
- Kickboard
- Snorkel



# Famous swimmer

- Michael Phelps
- Chad le Clos
- Adam Peaty
- Katinka Hoszu
- Katie Ledecky
- Yuliya Yefimova









# Health benefits

- Healthy sport
- It is a low-impact activity that has several mental and bodily health benefits
- It builds endurance, muscle strength, and cardiovascular fitness.

# Swimmers from Prešov







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# Sources

- [https://en.wikipedia.org/wiki/Swimming\\_\(sport\)](https://en.wikipedia.org/wiki/Swimming_(sport))
- <https://www.youtube.com/watch?v=e-XGSYnhUjg>

Thank you for your attention.

