Swimming

By Caleb

I decided to write about swimming so I can tell people that it is really good exercise. I will tell them were to go swimming. Another reason is it could cool you down if you are to warm.

You could go swimming at Days inn and you can go swimming at Fisk park and Joanie’s, a House, swimming pool and you can go swimming at a beach like Bay beach. Swimming is good for your muscles because when you swim your kicking your feet and stretching your arms. It also helps you grow also when you swim it helps you get stronger. It could help you get a job when you’re an adult. Like being a life guard and it could give you a better life. Swimming can also it could give you some thing to do Swimming could cool you down wile you are warm because it has cold water. It keeps you cool from the suns harmful rays and it also will block the really hot moisture from a harmful heat wave.