

(6)

Once more:

1. Always swim in the water.
2. Hold your breath until you learn to time your arms with your legs and keep afloat for a few strokes.
3. When you do breathe, always breathe out thru the nose and in through the mouth.
4. Be sure to time your breathing and every movement of your legs and arms. When this becomes instinctive (ouch) you can go to sleep on the job.
5. Take your time, and go easy.