

Swimming is the most common sport I play. One can literally swim in anywhere as long as the water is deep enough. Yet, one often goes to either an indoor or outdoor swimming pool for safety concerns. The equipments required are quite simple, including a swimming suit, a pair of goggles, and a swimming cap. Of course, those afraid of being tanned should apply sunscreen before swimming. Additionally, towels and flip-flops can be prepared for good measures. Swimming is a sport played individually, but one can bring a swimming companion which may add more fun to the sport.

I have learned swimming since I was young, thanks to my mother who is keen to have her daughter avoid the terror she <sup>herself</sup> fears. No longer had I gotten the knack of swimming than I was deeply enchanted by this sport. Apart from the ardor I have for swimming, there are considerable reasons for me

### 背面可繼續作答

to play this sport. First, swimming enhances my health condition, making my heart and lungs stronger. Besides keeping me fit, swimming can also lift my spirits. While swimming, I constantly block all the despair and frustrations out of my mind so that I can genuinely enjoy the cool water swooshing past my torso and limbs. Most important of all, swimming boosts my confidence. It's a relief to know that I'm good at something, and swimming provides me with that comfort. Swimming has influenced my life both physically and mentally. Thus, I will always relish this sport — swimming!