

Me Swimming

- 1) I enjoy having a swim
After jumping in
Having a bit of a splash
Before swimming in a dash
- 2) Going along fine
I take one stroke at a time
Moving my arms and feet
Intent of facing no defeat
- 3) With a smile on my face
Sometimes others I race
Across the width or length go
Putting on a good show
- 4) In the pool of course we get wet
But with no regret
It's a good way to keep fit
Swimming in it
- 5) Although some people say they can't face this
I go on a regularly basis
And being very wise
Regularly have some exercise