

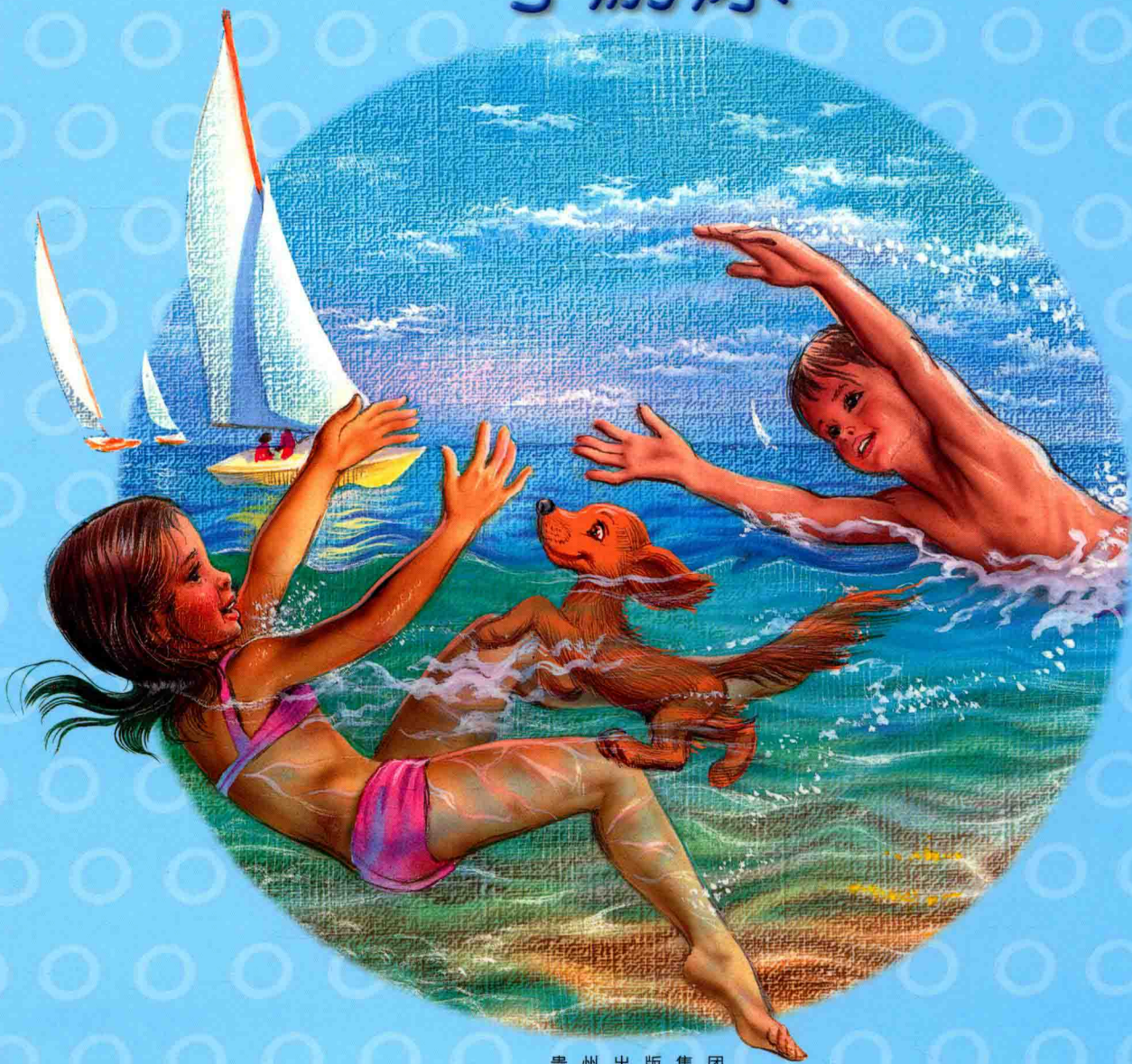
〔比〕吉贝尔·德莱雅/文 〔比〕马塞尔·马里耶/绘



故事书
第三辑
25

玛蒂娜

学游泳



贵州出版集团
贵州教育出版社

故事书



第25册

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martine apprend à nager

Created by Gilbert Delahaye and Marcel Marlier / Léaucour création

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游泳可不比骑自行车难多少，不过是一个经验问题而已。

当然了，游泳是要学的。如果你想学游泳，妈妈也同意的话，你可以跟玛蒂娜一起去海螺俱乐部报个名哦。

通常情况下报名的流程如下：

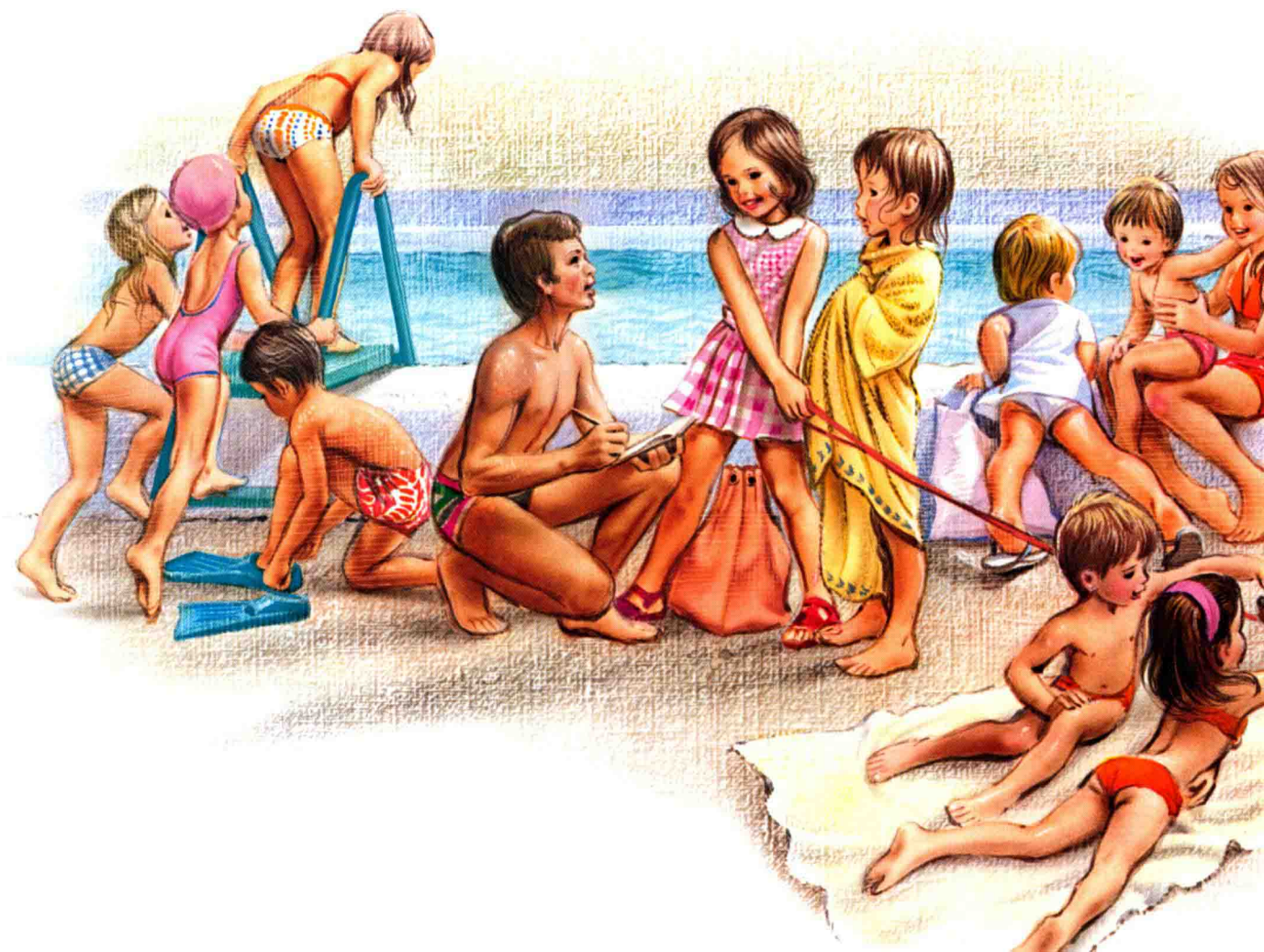
“你好，请问你叫什么名字？”俱乐部的工作人员问道。

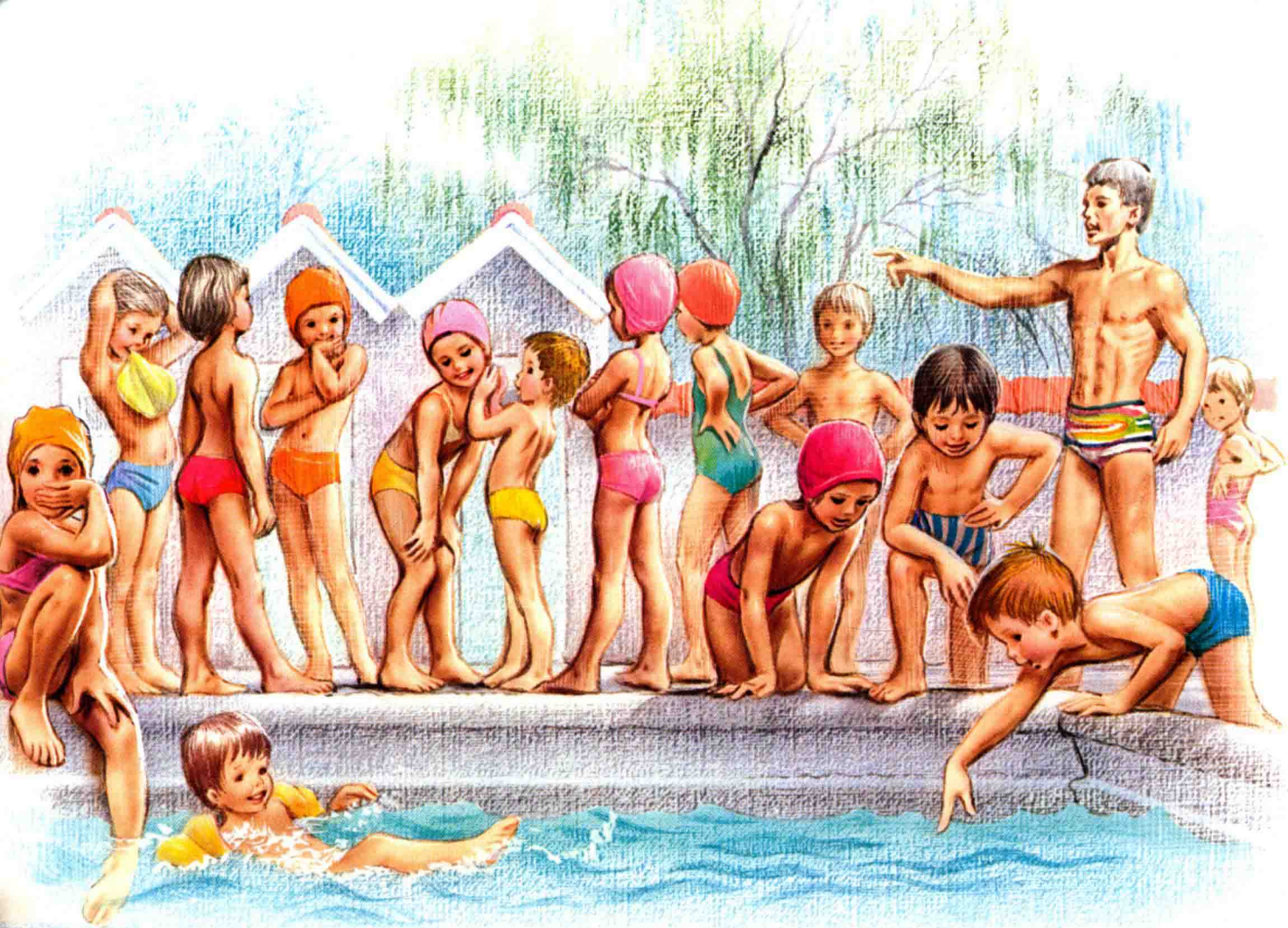
“我叫玛蒂娜，我想学习游泳。”

“你几岁了？”

“我7岁。”

“很好……我们正好要开始今天的练习课，你去换衣间吧，然后快快来跟我们会合哦。”





玛蒂娜在换衣间里换好了衣服，她准备好毛巾，放好随身的物品，还戴上了泳帽。她的小伙伴正等她呢，现在要做什么呢？……哈！在那边！

大家都在自我介绍（玛蒂娜，在海螺俱乐部大家都是朋友哦，你很快就会明白的）。

“我叫苏珊娜，她叫安妮玛丽，这是我的表弟弗里德里克。”

“你的粉色泳帽真漂亮，玛蒂娜。”

“你能不能帮我扣上扣子？”

“来吧，来吧，大家快过来哦。”教练说。



A vibrant, painterly illustration of a group of children playing in a public water fountain. In the center, a girl wearing a pink swim cap and yellow swim trunks is being splashed with water by a boy in blue swim trunks. To her left, another child in yellow trunks looks on. In the background, several other children are visible, some standing and some playing. A small, fluffy brown dog is running through the water in the foreground. The scene is set against a backdrop of a stone wall, and the overall atmosphere is bright and cheerful.

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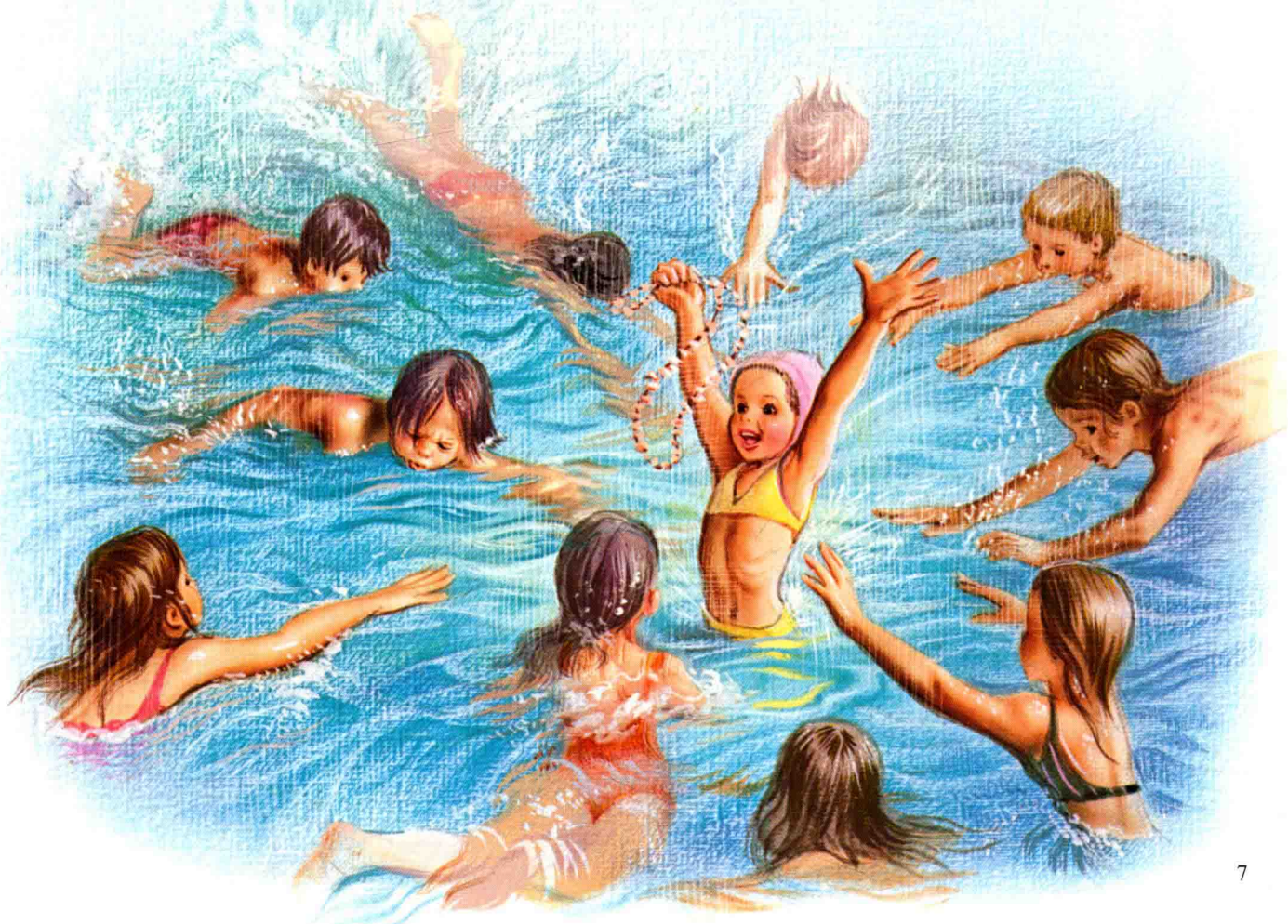


在学习游泳之前，先要熟悉水性。

第一课：水中嬉戏

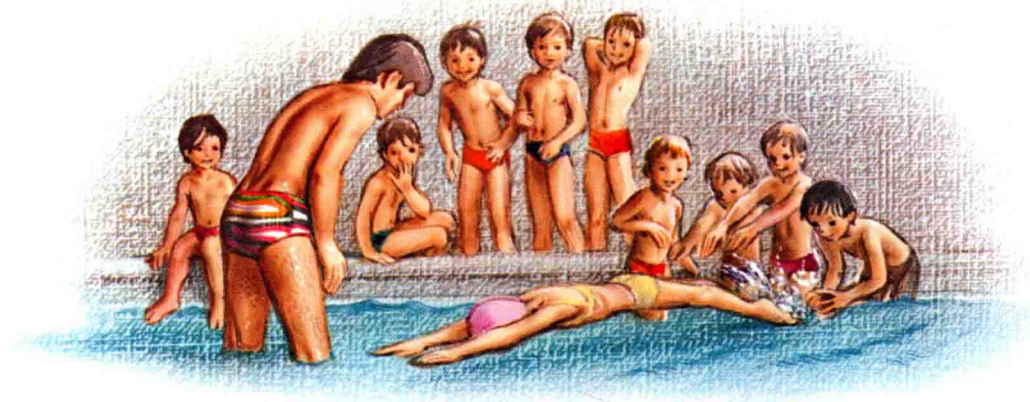
这可再简单不过了！谁都可以在水里玩。不过还要学会在水中睁开眼睛，谁在游泳池的下面找到了贝壳项链？安妮玛丽？苏珊娜？还是弗里德里克？……

都不是，是玛蒂娜从水里捞起了项链。



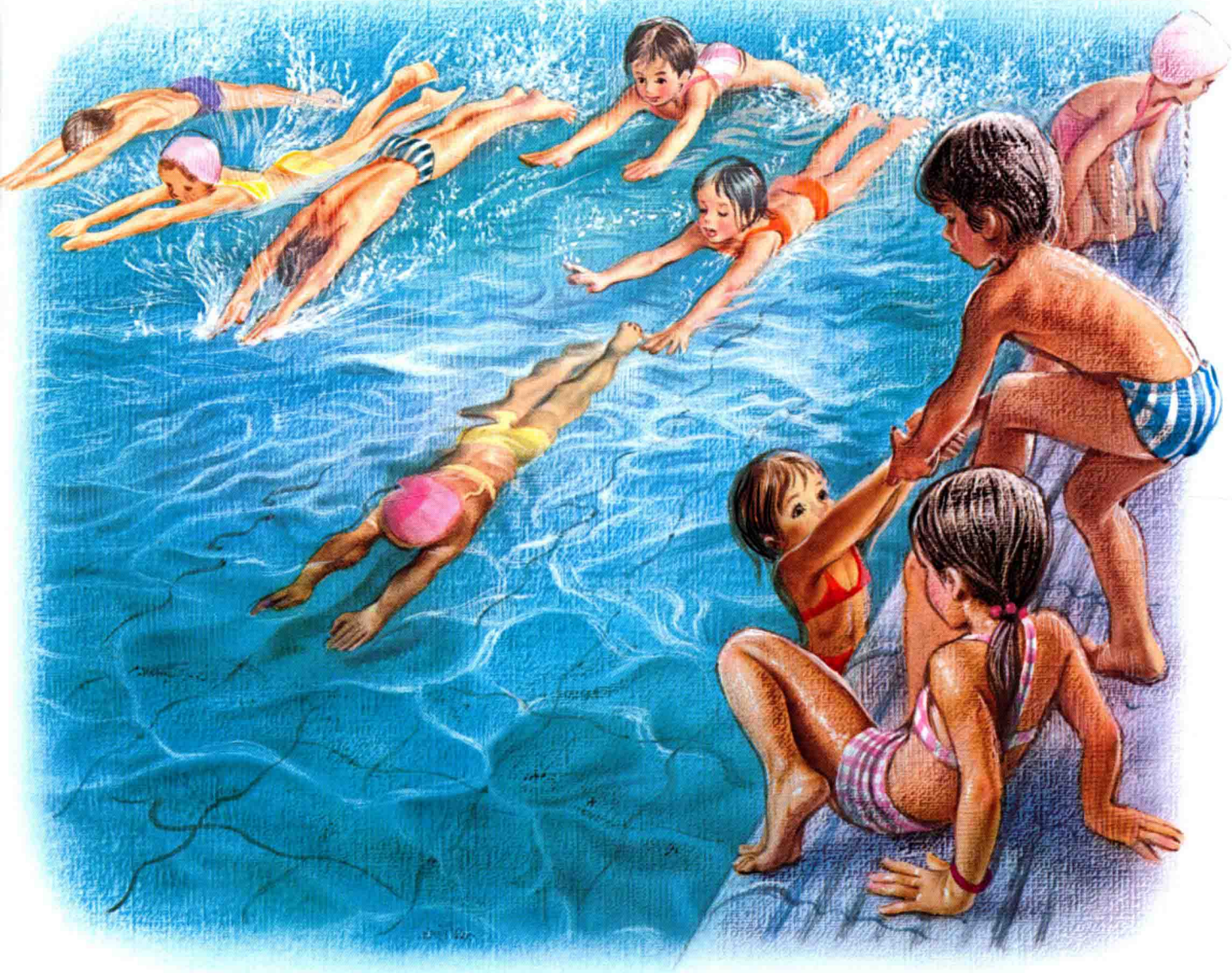


“玛蒂娜，你不会浮水吗？我来教你吧。”苏珊娜说，“请你平躺在水面上，两腿伸直，胳膊贴着身体……现在放松好了，浮水就是这样啦。”



第二课：像箭一样漂在水中

“请大家在水中保持身体舒展，就像这样，笔直向前，漂浮的距离越远越好，胳膊和大腿要绷紧。”教练说。



“这感觉真棒！”玛蒂娜这么想，她刚刚进入水中，“我没有沉下去哦，在水里像条鱼一样向前漂呢。”



第三课到第七课：学习动作、练习正确呼吸
腿部的动作：

“在练习腿部动作的时候，双臂要保持垂直，头露出水面。”教练给大家解释……

一、抬起双脚贴近身体，做好出发的准备……

二、双腿分开，同时往后蹬……

三、将双腿合拢，请注意不要溅起水花！

哦天哪，玛蒂娜太紧张了！

“动作不要那么快，玛蒂娜，动作不要那么快！”



手臂的动作：

“伸直胳膊，手掌并拢……双臂交叉……将双手缩回至下巴下方……再来一次……很好。保持顺畅的呼吸。玛蒂娜，你这样不对，不是打乱节奏的呼吸！你要有节奏地呼吸，这一点很重要，不然你会喘不过气来的。”

玛蒂娜认真地练习起来，她很想像教练那样自如地游泳，只要她肯坚持，这一天早晚 would 来到的。

还有一、二、三、四节课，玛蒂娜就能在大游泳池里开始蛙泳啦。真是太棒了，是吧？只要一想到这个，玛蒂娜就充满了勇气。





第八课：游泳

第八节课果然像教练之前保证的那样，玛蒂娜开始独立游泳了。

她没有忘记教练的建议：协调胳膊和腿部的动作，双臂打开的时候吸气，双臂收回到下巴时呼气。

真正想学游泳的人最后一定能学会的，看看玛蒂娜。可不要说：“我永远也学不会！”

当然了，玛蒂娜游得还不是那么完美，在大游泳池里，玛蒂娜还有点胆怯，不过只要坚持练习，这些都会过去的。



为什么不跳呢？

“一、二、三。”教练重复数了一次，玛蒂娜跳入了水中。

小心水花！……（你在笑。不过可不是人人都敢这么跳水的吧？）

第一次跳入水中可没什么好笑的。不是肚子拍在水面上那种落水哦，而是灵活地将身体插入水中，不发出声响。

一旦成功了，那高兴劲儿可是难以言表的啊！

胖胖也想模仿小主人。不过光是想可没有用！小狗狗们可不允许进入泳池内。