## موضوع تعبير عن هوايتي المفضلة السباحة بالانجليزي

إنّ لكل شخص في هذه الحياة هوايته المفضلة التي يحبّ القيام بها في مختلف أوقات فراغه، والحديث عن تلك الهواية يمنح الآخرين دافعًا لعيش التجربة والاستمتاع بأوقات الفراغ بما يعود بالنفع والفائدة عليهم، وعبر التالي سنتناول الحديث حول موضوع تعبير عن هوايتي المفضلة السباحة بالإنجليزي.

### المقدمة

Amidst the various pressures of life, many people resort to a place where they find their psychological comfort and renew their activity and energy. Swimming is considered one of the most important hobbies that many people want to practice in their free time. Swimming is a beautiful and enjoyable opportunity for recreation and renewal of activity.

### العرض

I learned swimming since I was a child of no more than ten years, when I used to go with my parents to the swimming pool in the days of extreme heat, and this sport attracted me a lot to find myself day after day becoming more skilled and stronger, and since that time I have been practicing it in most of my spare time alongside My other hobbies, however, swimming is the one that makes me happiest when practiced, and not the others.

The summer season is also one of the best times to practice my favorite hobby of swimming, as it gives the body vitality and activity after the strong sunlight does its job in discouraging the body and exhausting its strength as a result of the intense heat and excessive sweating, so the drops of water come like a healing balm to restore the health of the soul and the body its activity.

And many other benefits of practicing the hobby of swimming for a person, the most prominent of which is strengthening the muscles of the body, relieving the pressures of tiring life, revitalizing the bloody state in the body, and giving it more energy and strength, to feel as if it was born again.

### الخاتمة

Despite my many favorite hobbies, swimming is the closest to my heart, and I see myself as a skilled swimmer after I cried a lot during my first experience, fearing that I might drown.