

READING

1 Choose the correct words to complete the email.

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✖

Hi Beth,

I did it! I've never felt so tired in my life, but I did it! Can you believe I ¹kept / stood going until the end of the race? All forty-two kilometres! When I crossed the finish line, it felt like I was running ²on / off air! Thank you for making me ³make / take my training seriously. The race was really tough, but I'm so glad I took ⁴place / part!

Do you want to do a marathon with me next year? The New York marathon takes ⁵place / part in the autumn. What do you think?

Love,
Emma

2 Read about five people (1–5) who want to join a swimming club. Answer the questions.

Who:

- | | |
|--|-------|
| 1 would like to take part in competitions? | |
| 2 is also skilled at a different sport? | |
| 3 prefers to be in a club with fewer people? | |
| 4 is bored with swimming in a pool? | |
| 5 wants to socialise with the other members of the club? | |
| 6 is busy every weekday? | |
| 7 wants to train with a teacher? | |
| 8 doesn't want something too easy? | |

3 e Read the advertisements for eight swimming clubs. Decide which club (A–H) would be the most suitable for the people (1–5).

- | | | |
|-----------------|-------------------|---------------|
| 1 Ava | 3 Alfie | 5 Leigh |
| 2 Matthew | 4 Charlotte | |

Fun Swim: find your club!

A Town Swimming Club

This is a serious club for swimmers who are interested in representing our town in competitions. You don't need to be an expert to join us, as we provide training from qualified swimming instructors. There is a test to check your level before you start. We meet every Saturday. Ask the receptionist for an up-to-date timetable.

B Water Polo Club

If you love swimming and competitions, then our club is for you! We need new members to join our teams. There are two levels: beginners and intermediate. We provide extra equipment but you do need to wear a hat and goggles. We meet every Wednesday, 4.00 p.m. to 6.00 p.m.

C Swim For You

We are a friendly swimming club which meets on Friday evenings, from 5.00 p.m. onwards.

Each meeting starts with an hour-long swimming session at the Heath Road pool and then there is a chance for our members to get to know each other, with refreshments provided. Open to young people aged fifteen and above.

D Wild-Swimming

Do you enjoy swimming in the open air? Then put on your wetsuit and come wild-swimming with us! We meet on Sundays at the Heath Road pool and take a minibus to the lake. Instructors will be available to help you make the most of your time and stay safe. You must be an excellent swimmer to join.

E Improve Your Swimming

If you are not a beginner swimmer but would like to improve your technique, this is the club for you. Numbers are limited, so our members can get attention from an instructor whenever they want. Our club meets on Tuesdays from 4.30 p.m. to 5.30 p.m.

F Dolphins Swimming Club

We are a club for kids who love to swim! Each week we try a new sport or game and afterwards there is time for a snack and a chat in the main hall. The club is open to anyone aged 10–14 who can already swim 25 metres without help. We meet on Saturday afternoons at 3 p.m.

G Aqua Club

What could be more fun than keeping fit in the water? Aqua aerobics is like doing gymnastics underwater. It's great for building muscles and keeping in shape. The club meets every Saturday and there are two levels: 10.00 a.m. for beginners and 11.00 a.m. for swimmers who have tried aqua aerobics before.

H Synchro-Swim

We're looking for new members for the synchronised swimming club. Do you think you've got what it takes to join us? You need to be a confident swimmer with dance or gymnastics training to start learning this fantastic sport. Previous members of our club have been selected for the national team. Sessions are on Mondays from 5.00 p.m. to 6.30 p.m.



1

Ava is fourteen. She started swimming lessons when she was very young and isn't interested in going to swimming pools any more. She finds swimming outdoors very exciting. She isn't free on weekdays.



2

Matthew can swim well and is interested in learning how to race. He would like to have some sessions with an instructor. He is busy on Mondays and Wednesdays.



3

Alfie is sixteen. He enjoys swimming in his free time and is keen to meet other people who share the same hobby. He'd like to have fun after swimming, as well as in the pool.



4

Charlotte is thirteen. She knows how to swim but wants to feel more confident in the water. She'd like to join a small club and meet young people with the same level of ability. She'd prefer to do something during the week.



5

Leigh is an excellent gymnast as well as a very good swimmer. She would like to join a club where she is challenged to learn new things. She isn't free at the weekends.