

# NATATION

*Meaning: Natation is the act or practice of swimming, often used as a form of exercise or sport.*

1. Natation is often recommended as a low-impact exercise for those recovering from injuries.
2. The coach emphasized the importance of proper technique in natation to improve overall performance.
3. Many swimmers find that regular practice in natation helps them build endurance and strength.
4. During the summer, the local community center offers free natation classes for children.
5. In some cultures, natation is not just a sport but a way of life, deeply intertwined with their traditions.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/natation>*