

A high-angle, blue-tinted photograph of a swimming pool. In the upper left, there are white starting blocks with black numbers 4, 5, 6, 7, and 8. A white lane line with blue floats stretches across the middle of the pool. In the foreground, two chrome handrails lead into the pool from a tiled deck. The water is clear and blue, with lane lines visible on the bottom.

“THE WATER IS YOUR FRIEND.
YOU DON’T HAVE TO FIGHT WITH
WATER, JUST SHARE THE SAME SPIRIT
AS THE WATER, AND IT WILL HELP
YOU MOVE.”

– Alexandr Popov