

SWIMMING ON CHRISTMAS DAY

This event¹ happens in 1864 on Christmas Day **for the first time**. A group of people meet in Hyde Park in London. All of these people are swimmers².



They swim in a river called the Serpentine, which **flows through** the park. Its water is very cold. It is around 4°C and they swim 100 yards³. Many people watch this race⁴. This race becomes a tradition⁵, so people now do it every year now. The winner⁶ of the race gets a **gold medal**.

Not everybody can swim in cold water right away⁷. You must **get used to** it, which **takes some time**.

When you jump into cold water, your **immune system** starts working very fast. If you repeat it regularly⁸, it means that you don't get ill **as often**.

We have a similar tradition. Many Czech people swim in the Vltava river at Christmas time.

Vocabulary: ¹událost|²plavec|³yard(0,91m)|⁴závod|⁵tradice|⁶vítěz|⁷okamžitě|⁸pravidelně

Language notes: for the first time=poprvé|flow through=protékat(čím)|gold medal=zlatá medaile|get used to=zvyknout si(na co)|take some time=zabrat čas|immune system=imunitní systém|as often=tak často

Sources: nytimes.com|britannica.com