

学游泳作文的骨架：三个瞬间写出一条心理线

写我学会了游泳，很多同学从交钱报名写起，教练、泳镜、泳帽一个不落，最后写我现在会游泳了，特别高兴。这样的作文像课程说明书，读完不知道学游泳的人心里发生过什么。改法是把全文收进三个瞬间：第一次下水、呛水想放弃、终于游出几米。三个瞬间各写一段到两段，中间的过程用一句话跳过。

第一个瞬间：第一次下水。要写身体反应，不写我害怕极了。可写的细节：脚趾抓住池边瓷砖，池水漫到胸口时皮肤起了一层疙瘩，教练让你把脸埋进水里，你数到三就抬起来，鼻子尖是酸的。把这三个细节写出来，怕水就立住了，一个怕字都不用出现。

第二个瞬间：呛水想放弃。这是全文最重的一段，要按顺序写三样：呛水的过程、当时的念头、后来的决定。呛水写具体的：鼻子进水后耳朵里嗡嗡响，咳得弯下腰，舌根发苦。念头要写真实的：站在池边说今天不练了，或者心里想我可能天生学不会。决定要写转折点：是谁、哪句话、或者哪个画面让你第二天又站回池边。转折必须有个具体的东西，不能是我想了想还是坚持了。

第三个瞬间：终于游出几米。不写我学会了，写学会那一刻的身体感觉：蹬壁之后身体滑出去，岸，泳镜里进了水，眼前模糊了一秒，摘掉泳镜才发现自己真的站在对岸。这一段要短，两三句就收住，学会的瞬间不需要长篇铺陈。三个瞬间排好顺序，怕水、尝试、学会这条心理线就完整了，成长感悟不用另外喊口号，读者从瞬间里自己就能读出来。

开头和结尾可以直接套这些句式。开头一：直到今天，鼻子一碰到水我还会条件反射地皱起来，那是学游泳第一年留在我脸上的记号。开头二：别人学游泳学会的是换气和水下蹬腿，我学会的是在呛水那天晚上，把泳包重新塞回书包。开头三：教练说学游泳没有捷径，只有次数，我的次数是从那次呛水之后才开始攒的。结尾一：现在我能游五十米，但我最记得的仍是那几米，第一次真正离开池边、又稳稳踩到岸的那几米。结尾二：学会游泳那天我没有欢呼，只是站在浅水区，把脸安安静静埋进水里，数满了十下。结尾三：泳帽和泳镜后来换过好几副，忘不掉的是那个站在池边说今天不练了、第二天却又站回来的下午。

The Skeleton of a Swimming Essay: Three Moments, One Emotional Line

Most swimming essays read like a course manual: enrolment, goggles, coach, and a final sentence claiming the writer can now swim. The fix is to compress the whole story into three moments. The first moment is getting into the water for the first time. Write body reactions instead of the word fear: toes gripping the tile edge, skin prickling as the water reaches the chest, lifting the face after counting to three with a stinging nose tip. The second moment is choking on water and wanting to quit, the heaviest paragraph. Follow three beats in order: what the choking felt like, the honest thought that day, and the concrete thing that brought the writer

back to the pool edge the next day. The third moment is finally swimming a few meters. Keep it short and physical: pushing off the wall, four or five arm strokes, feet finding the far side. No slogan about growth is needed; the emotional line from fear to attempt to mastery already carries it. Reusable openings include: To this day my nose still wrinkles when water touches it, a mark left by the first year of learning to swim. Reusable endings include: I can swim fifty meters now, but what I remember best is those first few meters when I truly left the pool edge and stood safely on the far side.