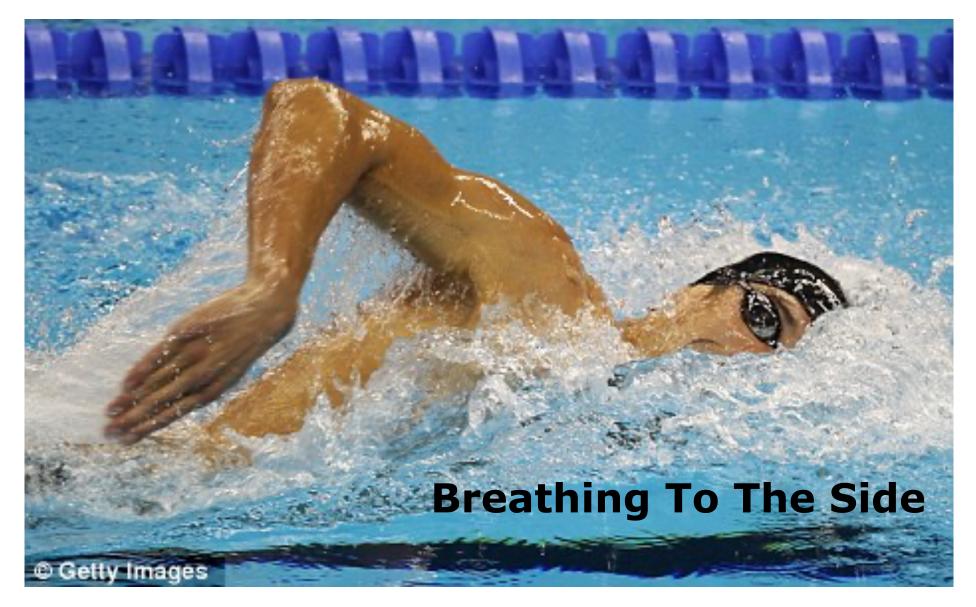
FRONT CRAWL/FREESTYLE



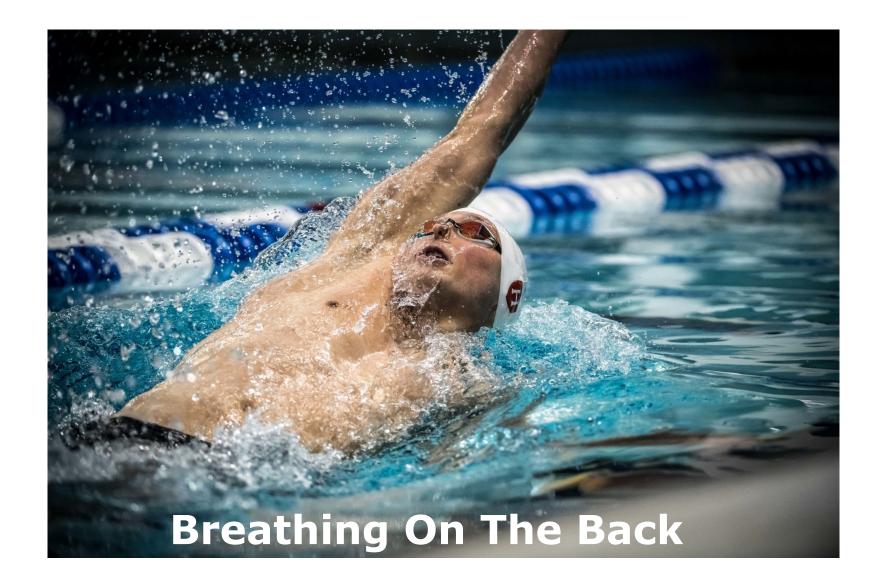


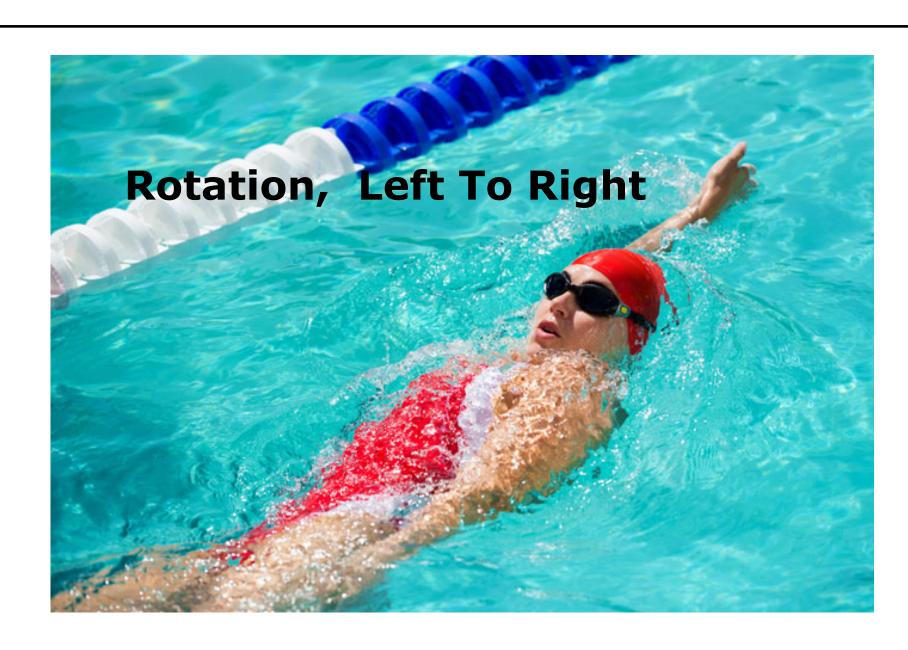




BACKSTROKE









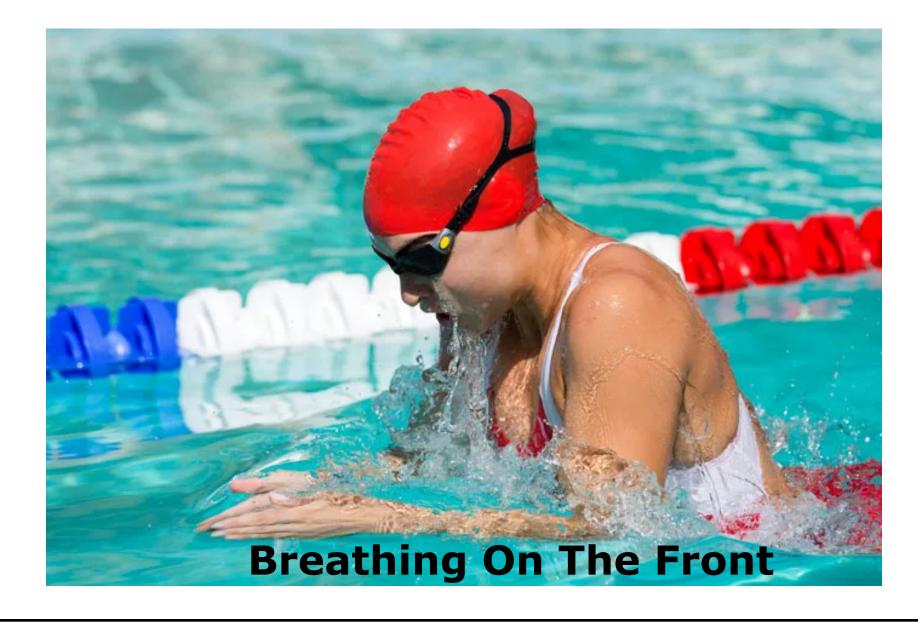
BREASTSTOKE

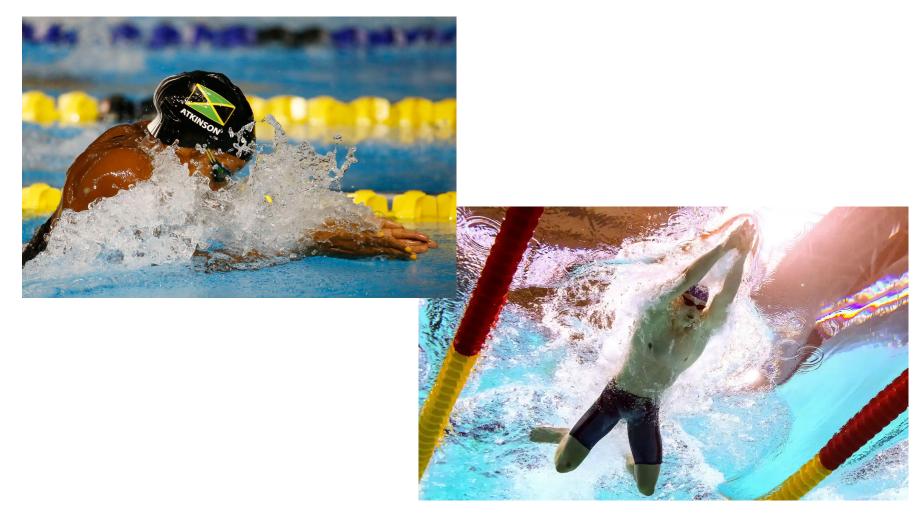




Arms
Simultaneous & Symmetrical











BUTTERFLY





Arms
Simultaneous & Symmetrical





Rotation, Up & Down





SWIM STOKE JARGON

FRONT CRAWL/FREESTYLE



FRONT OR FREE

BREAST STROKE



BREAST

BACK STROKE



BACK

BUTTERFLY



FLY