

# FRONT CRAWL/FREESTYLE



**Alternating Arms**



**Breathing To The Side**



**Rotation, Left To Right**



**Flutter Kick From The Hips**



# BACKSTROKE





# BREASTSTROKE



**Arms**  
**Simultaneous & Symmetrical**



**Breathing On The Front**



**Rotation, Up & Down**



**Leg Kick**  
**Simultaneous & Symmetrical**



# BUTTERFLY



**Arms  
Simultaneous & Symmetrical**



**Breathing On The Front**



**Rotation, Up & Down**



**Dolphin Kick  
Simultaneous & Symmetrical**



# SWIM STOKE JARGON

## FRONT CRAWL/FREESTYLE



**FRONT OR FREE**

## BACK STROKE



**BACK**

## BREAST STROKE



**BREAST**

## BUTTERFLY



**FLY**