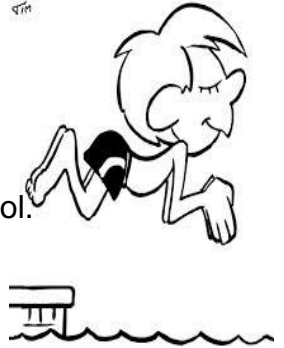


## SWIM UNIT STUDY GUIDE

### Safety Rules

- Don't go – don't jump into the water to try and save someone, throwing them a float device.
- No diving in the shallow end.
- Do not run in the pool area.
- When you hear an instructor blow the whistle once, go to the closest side of the pool.
- Do not go into the deep end unless cleared by an instructor.



### Swim strokes

**Front\_crawl:** Freestyle or front crawl stroke is performed with good rotation of the body, using the hips to propel the kick, water level above the eyes, breathing every three strokes, turning head and looking diagonal and forward, breathing in through the mouth exhale part through the mouth and nose, never blow all the air in your lungs OUT, flat hand when stroking. Balance the body in the water on the surface, head down and hips up. Raise the head and the hips drop. Sweet spot is found at 90 degrees or less with kicking almost effortless.

**Backstroke/crawl:** Backstroke/crawl is performed with rotation of body, thumbs up out of the water and pinkies enter the water above the head, rotate body enough so that the stroke pulls to the side and not behind, head should be looking at the ceiling as you swim, keep head still, toes pointed down and reach directly overhead as you grasp the water to swim.

**Breaststroke:** Breaststroke has a circular motion in front of the body, drive the hips forward and up on the pull of the stroke, use a kick that is mastered by circular motion and toes pointed out, a modified whip kick, reach and extend to start stroke with a glide.

**Butterfly:** Butterfly is a very aggressive stroke that uses strength in the upper body, keep hips going by moving them up and down forcing water to displace above and below the body, keep feet together at all times when kicking, swing the arms over the top and catch the water out in front of you, sweep a long circle underneath the body in the water to advance the body over the water, timing with the hips is critical for this stroke.

**Elementary\_Backstroke:** The kick is the whip kick. The kick begins by dropping heels down below the knees. The knees should remain fairly close together. Flex both feet so the toes point to opposite directions and rotate at the knees so the feet are wider than the knees. Once you are in set position, you circle the feet around, lift and squeeze them together. A self-check is to try to feel water pressure on the inside of your foot and lower leg as you squeeze your feet together.

### OTHER KEY POINTS TO REMEMBER:

- Treading water – is the act of moving your arms and legs to keep your head above water and body vertical.
- Survival floats – are floats that help people conserve energy in the water.
- Rhythmic breathing – is learning to close off your nose and sinuses, while you alternately open your mouth and airway.