

Name: _____

Date: _____

Breast-Stroke

V K Z A I O I U A R O T E K K I U Q C A S O Y B
C G K K Q C U R C R X Y B J E C E A F A E V Q M
B S A X R E A H K L G F C P T S B C E L A N I V
I G Z Z N E S R I E D I L G D N E F H B M H P Q
A L M Q K O O B I A T X I N O Y B G O X U R C J
F I C T B W N B C U S F X H J H S G Z X X L D Z
L D A X M D E W F U Q A G P T I V W R Y C L G V
O E V A Q C B P R E R C J Q H G X H B Z Z I M Q
A T E S V C D A M S Y O R E T A W E C A F R U S
T T Y F B I H M T B H U J Q X G F Q Y U F C S V
C P K C C I P R I L G L U F C R E L Q X M D D Z
N E U C T F E A Y S F G C C O L Y Z G U W V N Q
C X L S Q A T B D I W Y G G B D E W H U F O A L
B K G Q M M Y U J K Q K L T L R W R J A E W H J
H Q E L S V G B B N R E O K H T E J Z M U G E X
U M I T M J Q I L D G R Q E V O H A B L G K L J
I N J F R A G W I S V N Y L L W Z Y T X L I C S
E L V N A D W X Y E O X Q C N E Q R Z H P C R S
I J Y K U P O P U P H E A D H Z G U Q Z E K I U
Y B X V K O D I L D L O H M W A O S N T E E C E
S T R A I G H T E N A R M S V R M I T R Q N I I
J A W H C L L K J C T O X M R E B K Q B I D M Z
J Z Z M K U O H Z B I W X M U R P W F Q S S E D
C Y D T X D W H E Y X Z B R T B Q U Z T G N S S

semi-circle hands

Pop-up head

kick ends

breathe

kick

straighten arms

Streamline

teamwork

float

Legs

surface water

end glide

Froglegs

glide

Arms