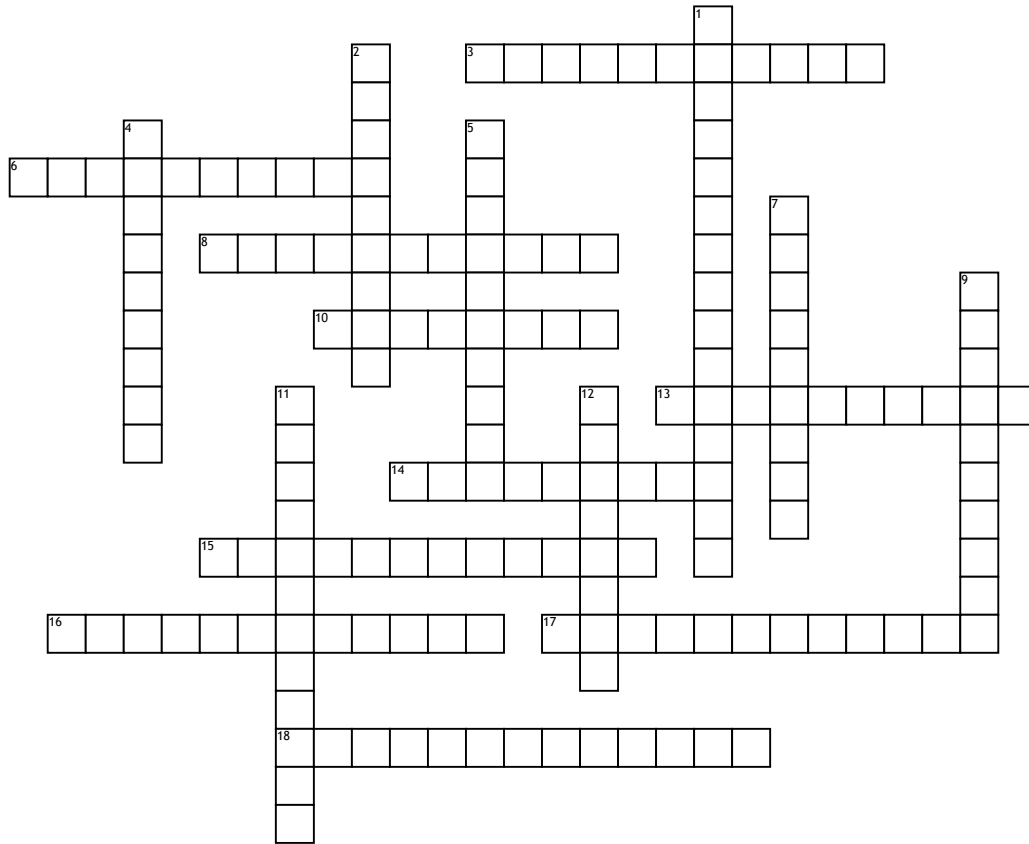


Name: _____

Date: _____

Swimming Strokes



Across

- 3. Jump from an elevated surface
- 6. "Pick the apple put it in the basket"
- 8. What kick do you use when swimming Free Style?
- 10. How do you not sink?
- 13. You are curled up in a ball face in the water, what kind of float is this?
- 14. You dive down and your feet touch the bottom first what kind of surface dive is this?
- 15. "Pull and breathe, kick and glide"

- 16. Face and arms out to the side, face down what kind of float is this?
- 17. Kick used for both treading water and side stroke
- 18. How do you keep your head above water

Down

- 1. Arms are extended out to your side, legs are straight out in front of you. What kind of entry is this?
- 2. Arms alternating, flutter kick, face up

- 4. You dive down and your hands touch the bottom first what surface dive is this?
- 5. Arms alternating face out of the water and flutter kicking what stroke is this?
- 7. Floating on your back
- 9. Kicked used to tread water
- 11. What entry do you use if someone has a head, neck or spine injury?
- 12. Another kick used to tread water (Frog kick)

Word Bank

- | | | | | |
|-------------------|----------------|-------------|---------------|----------------|
| Floating | Free style | Jelly float | breast stroke | Scissors kick |
| Stride jump entry | Back stroke | Rotary kick | Compact jump | treading water |
| Dead man float | Whip kick | side stroke | head first | Flutter Kick |
| feet first | Slide in entry | Back float | | |