



Glossary



Assisted: With help from parent or instructor

Back: Being on the back and facing upward. In regard to floats, glides, and kicking and crawl.

Bob: Going underwater and surfacing in quick succession; Bouncing.

Equipment: Any tools or gear that an instructor uses to assist swimmers. Typical items would be barbells and kickboards.

Float: Staying at the top of water without movement or sinking.

Flutter Kick: Leg action for front and back crawl. Alternating movement of legs moving up and down.

Forward arm action: The start of front crawl arms. Arms move in a windmill-like motion, alternating between strokes. Hand enters the water fingertips first, extending forward. Bend the elbow slightly and pull water backward. The arm exits the water moving forward to re-enter.

Front: Being on the stomach or tummy, in regard to floats, glides, and kicking and crawl.

Glide: Pushing off the wall in a straight position without movement.

Rhythmic breathing: Used during front crawl where swimmer breathes to the side.

Treading water: Staying vertical at the top of the water with arm and leg movement.

Unassisted: Without help from a parent or instructor.

Waving arms: The start of breaststroke arms. Simultaneously, swimmer will push both arms out from in front of them and pull back towards body.

Whip kick: The kick used for breaststroke and elementary back stroke. Simultaneous leg movement where legs swing out and around.

Winging: Starting arm action for elementary backstroke. Simultaneous sweeping motion alongside of body. Also called Tickle- T- Touch.