

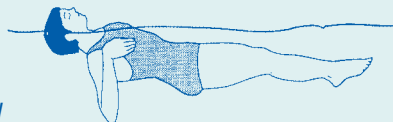
### INVERTED BREAST STROKE

#### Body Position

- Streamlined on back
- Upper body stable
- Head above water

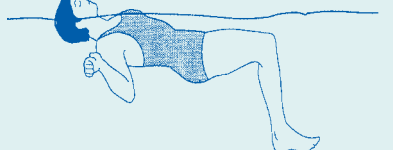


Recover the arms close to the body.

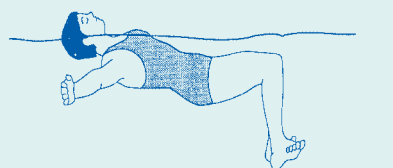


#### Leg Action

- Begin with legs together and toes pointed
- Bring legs in towards body
- Make a circle with the heels
- Squeeze the water with the lower legs
- Make a double D- one with each leg
- Keep knees close together throughout



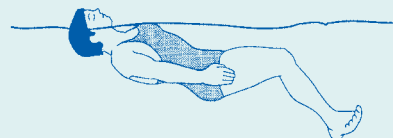
Recover the legs and move the arms to a 'Y' position. Breathe in during this recovery phase.



Pull, kick and breathe out.

#### Arm Action

- Arms may be held by the sides or over the head or across the chest
- One float may be used in both hands or one in each hand with arms resting on the float and grip over the end



Glide.

### SIDESTROKE

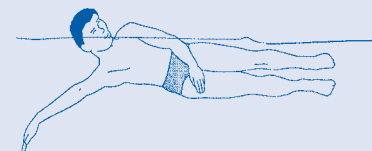
#### Body Position

- Streamlined on right or left side

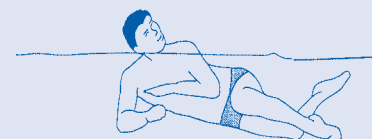


#### Leg Action

- Upper leg moves backwards, lower leg moves forward
- A quick scissors movement brings the legs together to provide propulsion
- Similar to breaststroke legs but done on the side

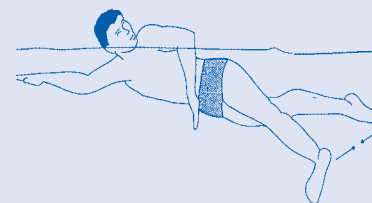


Pull with the lower arm, recover the upper arm and the legs and breathe in.

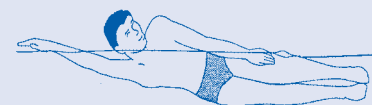


#### Arm Action

- Arm pull is shallow
- Leading arm pulls to meet trailing arm which then pushes
- "Pick apple from tree" with leading arm "pass it to other hand which puts it in the basket"
- Arms remain in the water



Stretch the lower arm, push back with the upper arm and scissor the legs.



Glide and breathe out.