

BODY POSITION

FRONT FLOAT



1 Position

2 Float

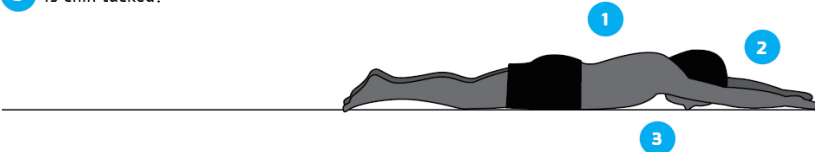
3 Relax & Repeat



HELPFUL TIPS

During the activity, pay attention to the following:

- 1 Is the body relaxed?
- 2 Are elbows straight?
- 3 Is chin tucked?



BODY POSITION

FRONT GLIDE



1 Position

2 Hold

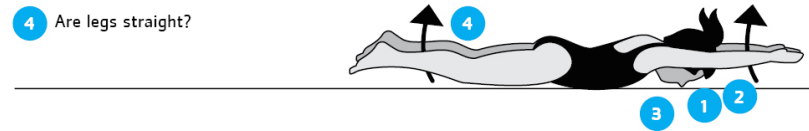
3 Relax & Repeat



HELPFUL TIPS

During the activity, pay attention to the following:

- 1 Are biceps behind ears?
- 2 Are elbows straight?
- 3 Is head down?
- 4 Are legs straight?



BREATHING

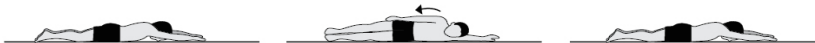
SWIM ON FRONT



1 Position

2 Roll & Hold

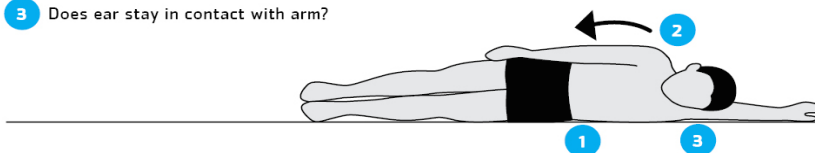
3 Relax & Repeat



HELPFUL TIPS

During the activity, pay attention to the following:

- 1 Is body balanced on the side?
- 2 Does arm swing down along the side of the body?
- 3 Does ear stay in contact with arm?



ENDURANCE

SWIM ON FRONT



1 Position

2 Hold Plank

3 Relax & Repeat



HELPFUL TIPS

During the activity, pay attention to the following:

- 1 Is body in a perfectly straight line from head to heels during the hold?

