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Swimming Strokes

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| **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)  |

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