

THERE ARE FOUR  
RECOGNIZED STROKES IN  
SWIMMING

# STROKE

⇒ *Swimming.*

**a.** a type or method of swimming:

*The crawl is a rapid stroke.*

**b.** each of the successive movements of the arms and legs in propelling the body through the water.

# STROKE

⇒ *Rowing.*

**a.** a single pull of the oar.

**b.** the manner or style of moving the oars.

# STROKE

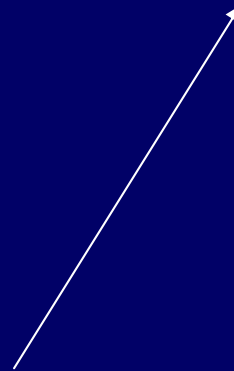
⇒ *Sports.*

**a.** a hitting of a ball.

**b.** the manner or style of moving the oars.

# BREASTSTROKE


- a stroke, made in the prone position, in which both hands move simultaneously forward, outward, and rearward from in front of the chest while the legs move in a frog kick.



# BACKSTROKE

- a stroke made while on one's back.

# BUTTERFLY STROKE

- a racing stroke, using a dolphin kick, in which the swimmer brings both arms out of the water in forward, circular motions.
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# FRONT CRAWL STROKE

- a stroke in a prone position, characterized by alternate overarm movements combined with the flutter kick.

# OPPOSITES

- horizontal

- vertical/perpendicular

- starboard

- port

- bow

- stern