

DEVELOPMENTAL PROGRAM



FACE-UP FIRST® MOTTO
We swim for good times!®

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practicemakeshabit.com

25 Club & Voyagers

SWIMMING DRILLS: A *drill* is a specific exercise that focuses on one part of a swimming stroke. By using a sequence of drills, you can learn a whole new stroke. You can also use drills to improve a stroke that you already know.

Swimming freestyle with only one arm is an example of a swimming drill. Practicing breaststroke kick on your back is another swimming drill.

BREASTSTROKE DRILLS: We use this sequence of drills to learn how to swim Breaststroke.

1. Starfish (Elementary Backstroke)
2. Starfish Kick-Only on back (no arms)
3. Starfish Kick on back and front (two on front + two on back)
4. Starfish Kick on front (two kicks + breathe, with streamline arms)
5. Breaststroke Two-Kicks (two kicks + pull & breathe)
6. Full Breaststroke

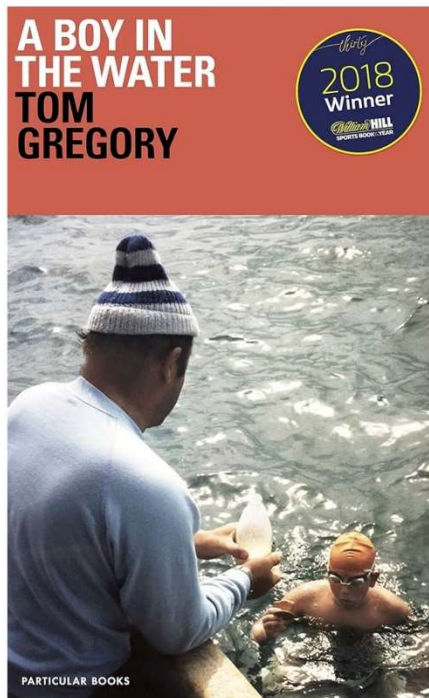
The history of breaststroke goes back to the Stone Age. It is considered the oldest swimming stroke.

In, 1875, Captain Matthew Webb used breaststroke to become the first person to swim the English Channel (between England and France). It took him almost 22 hours to swim a zig-zag course of almost 40 miles.

Today the record time for swimming the English Channel, using a more direct route of about 21 miles, is six hours, forty-five minutes. Swimmers typically use the crawl stroke when swimming the channel now.

More English Channel: Thomas Gregory became the youngest person to swim the English Channel when he completed the swim in 1988 at the age of 11 years and 330 days.

You can read about Thomas Gregory in this book. 📖📖📖



The English Channel swim is approximately 21 MILES.

How many KILOMETERS? _____ (swimming math!)

What do you receive when you complete the English Channel Swim? (The answer is hidden somewhere on this page.)

- a. money b. a trophy c. a medal d. a certificate e. nothing

**Put these swimming words
in alphabetical order.**

- breaststroke
- freestyle
- starfish
- certificate
- streamline
- drill
- pull
- kick
- good
- times

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