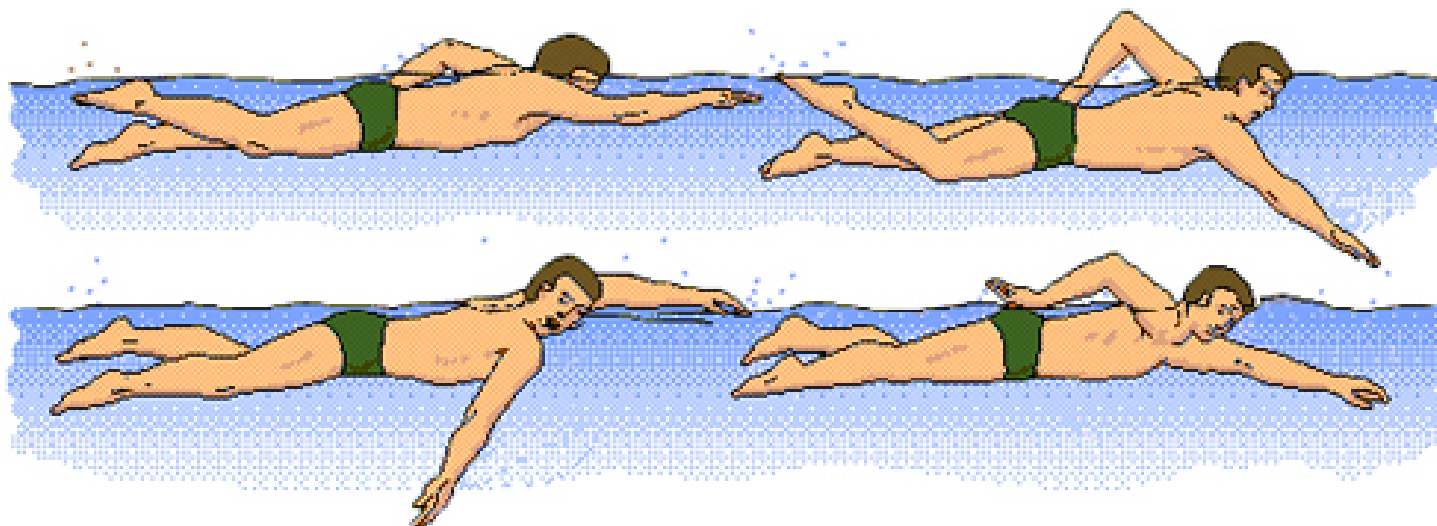


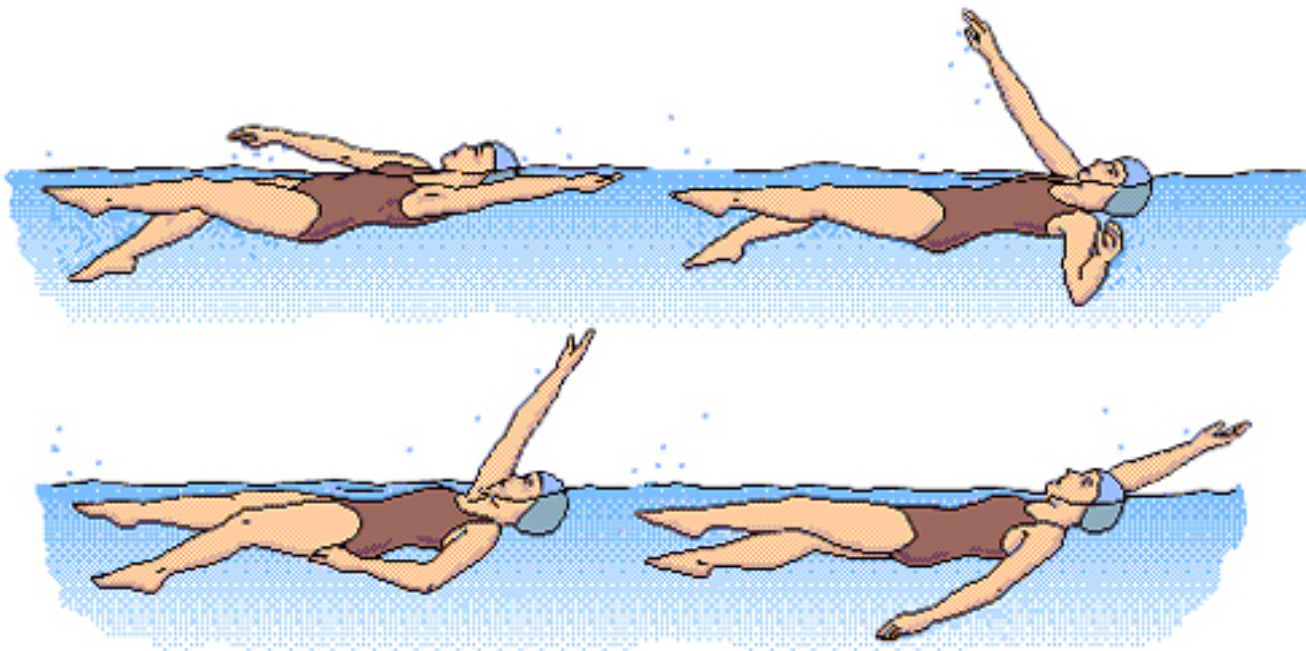
# Freestyle

The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up and down) flutter kick.



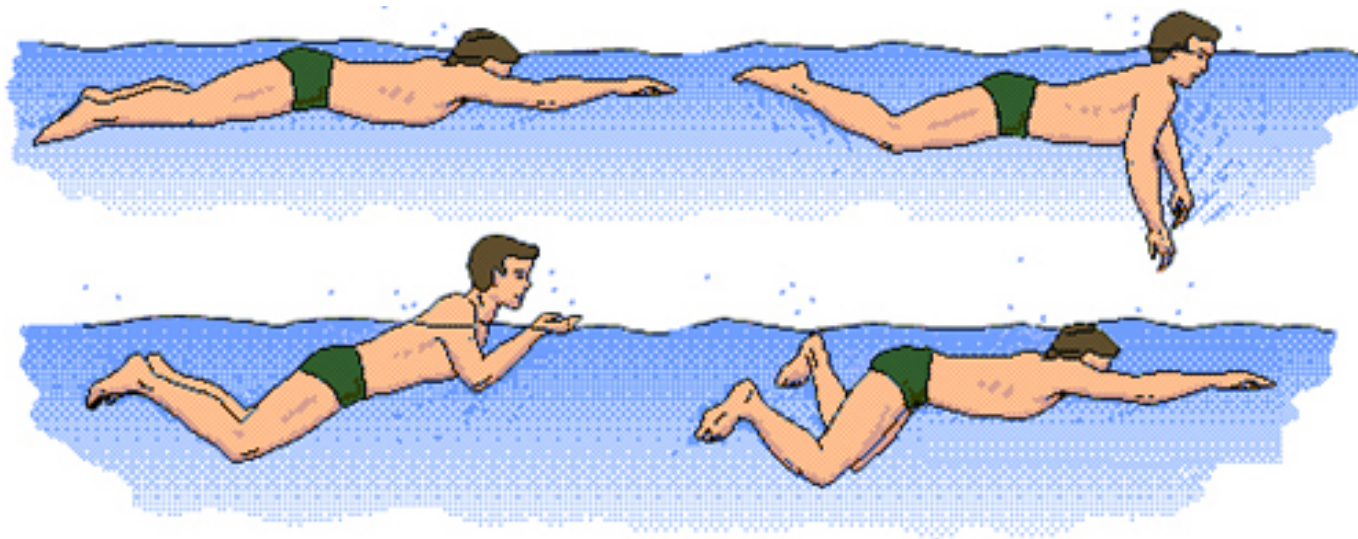
# Backstroke

**Backstroke consists of an alternating motion of the arms with a flutter kick while on the back.**



# Breaststroke

The breaststroke, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed in a heart shaped pattern and recovered under or on the surface of the out from in front of the breast water. The kick is a simultaneous somewhat circular motion similar to the action of a frog.



# Butterfly

**Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick.**

**(The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke.)**

