Swim Definitions

Alligator crawl: child lays on belly, walking on hands on the 2nd step, face out of the water, long legs dragging or buoyant behind them

Monkey Walk: child places both hands and both feet on the wall. Using both their hands and feet (like monkey's) slide or "walk" sideways along the wall to a desired destination.

Fishes in the ocean: a safety skill used to teach a child what to do when they fall in – come in, blow their bubbles and reach back for the wall.

Bobs: where you sink underwater and slowly exhale a stream of bubbles through your nose and mouth, to grow familiar with breath control. When you return to the surface, inhale and then sink back into the water and exhale again.

Flutter kick: a brisk, alternating, up-and-down movement of the legs when swimming with certain strokes, such as freestyle and backstroke.

Safety circles: a safety skill used to teach a child what to do when they fall in – jump in, blow bubbles, get air if you can, eyes down, return to where you came from and safely exit.

Tread water: maintain an upright position in deep water by moving the feet with a walking movement and the hands with a downward circular motion.

Rollovers: when a swimmer rolls to their back to rest and breathe instead of lifting their heads.

Gliding: a forceful push from the poolside to generate some propulsion as the body moves through the water with no arm or leg action.

Side breath: Rolling to the side to take a breath in freestyle, rather than rolling completely over to the back for a breath or lifting the head.

Freestyle: also known as front crawl, is the fastest and most efficient of the competitive swimming strokes – using the arms and legs to propel yourself forward.

Backstroke: a swimming stroke performed on the back with the arms lifted alternately out of the water in a backward circular motion and the legs extended and kicking.

Breaststroke: a style of swimming on one's front, in which the arms are pushed forward and then swept back in a circular movement, while the legs are tucked in toward the body and then kicked out in a corresponding movement.

Butterfly: stroke swum on the chest, with both arms moving symmetrically, accompanied by the butterfly kick (also known as the "dolphin kick").

Flip-Turn: A turn in swimming in which one does a somersault just before reaching an end of the pool so that only the feet contact the wall.

Streamline: form is a swimming technique that is used underwater in every stroke. At the start of a race or on a turn, streamline form is used, usually along with a dolphin kick or flutter kick, to create the least amount of resistance to help the swimmer propel as far as they can.

IM (Individual Medley): Medley is a combination of four different swimming styles — butterfly, backstroke, breaststroke, and freestyle — into one race.

Fins: We us these to improve swimmers' technique, many swimmers think that fins just increase their speed through the water, but they really are helping to improve their posture and keeping their hips high in the water – while developing leg strength.

Paddles: Allow us to help teach swimmers how to grab the water better, therefore increasing the efficiency of their stroke.

Pull Bouy: Pull buoys are flotation devices designed to keep your legs up, so they can be of great help to beginners which haven't yet mastered a good horizontal position in the water.

Circle Swimming: If multiple people are sharing a lane, typically, you circle swim. That means you go down the length of the pool to the right of the black line, and swim back on the left of it.