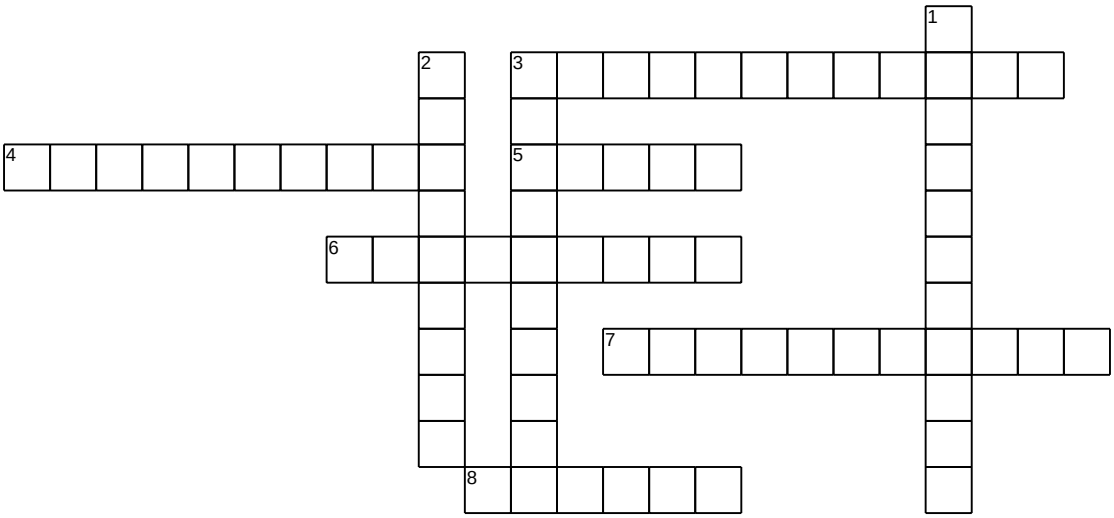
Name:

Date:

Swimming Crossword

Complete the activity.



ACROSS

3. A stroke made in the prone position in which both hands move simultaneously forward, outward and rearward from in front of the chest, and the legs move in a frog-like manner
4. A start in which one or more swimmers leaves the blocks before the starting signal
5. A stroke made in the prone position characterized by alternate over arm movements and a continuous up-and-down kick
6. An event where the swimmers may use any stroke they choose, which typically is the crawl
7. A kick, usually performed as part of the crawl, where the legs are held straight and moved up and down alternately
8. A combination event in which a swimmer or relay team swims separate legs of backstroke, breaststroke, butterfly and freestyle

DOWN

1. A kick wher the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession
2. A stroke made in the prone position where both arms are lifted simultaneously out of the water and flung forward, in combination with the dolphin kick
3. A stroke in which the swimmer is on his back performing a flutter-kick and rotating the arms alternately backward

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