

Side Stroke

B - Lie on side, one ear in the water. Mouth stays clear of water

L - Scissor Kick, kick stays under water. Heels up to hips, legs scissors out before coming together to create glide

A - Pick apple from tree, Put the apple in the other hand; Put apple in basket behind you

B - Mouth stays clear of water, Breath out as arms are extended; Breath in as arms move together by hip to transfer “apple”

T - Heels come up as hands come together. As arms extend, legs kick out and body completes a short glide

