Menu No.: 400MN-W1P1

#	m/y	Sub	Туре	Details
4	25	100	Warm-up (Freestyle)	Relax the joint to swim easily (1)Wrists (2)Elbows (3)Shoulders (4)Neck
4	25	100	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
6	50	300	Drill Practice	On the way: Drill Return: Butterfly (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with butterfly.
Total 500		500		
Drill			<u>Dive</u>	Feel your body being supported by the water.
Drill			Prone Dive	(1)Use your extended hand as support. (2)Take 2 seconds to rise to the water surface.
Drill			<u>Underwater Stroke</u>	(1)Keep moving your hand. (2)Leave your hands 30 cm away from the body. (3)Relax your shoulders and move your hands.
Drill			Recovery Rehearsal	(1)Move your hands close to the water surface. (2)Turn your palms down. (3)Make the movement above the water surface quick.

D40010-Dive



Video Example

Video Description

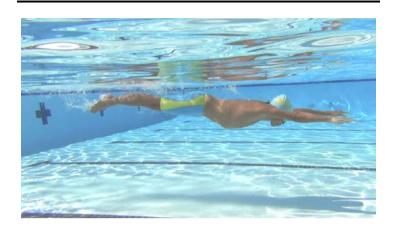
Overview

With both hands up, jump and land parallel to the water surface.

Check Point

 Feel your body being supported by the water.

D40020-Prone Dive



Video Example

Video Description

Overview

Extend your hands forward in the water, push off the bottom of the pool and glide.

Check Point

- Use your extended hand as support.
- Take 2 seconds to rise to the water surface.

D40030-Underwater Stroke



Video Example

Video Description

Overview

Start with the prone dive, move your hands backward from the Y position as you float up.

Check Point

- Keep moving your hand.
- Leave your hands 30 cm away from the body.
- Relax your shoulders and move your hands.
- Move your hand as your body rises to the water surface.

D40040-Recovery Rehearsal



Video Example

Video Description

Overview

While you kick, move your hands backward just beneath the water surface, then move them forward just above the water surface.

Check Point

- Move your hands close to the water surface.
- Turn your palms down.
- Make the movement above the water surface quick.