

Menu No.: 300MN-W1P1

#	m/y	Sub	Type	Details
4	25	100	Warm-up (Freestyle)	Relax the joint to swim easily (1)Wrists (2)Elbows (3)Shoulders (4)Neck
2	25	50	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
2	50	100	Drill Practice	On the way: Drill Return: Breaststroke (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with breaststroke.
Total		250		
Drill			Submerging Head	Relax your neck and shoulders.
Drill			Body Dolphin	(1)Raise your upper body before you dive. (2)Dive while stretching the armpits. (3)Prevent vertical movement. (4)Stabilize your face angle.

D30010-Submerging Head



[Video Example](#)

[Video Description](#)

Overview

After you push the water and sink your head, relax your body and make your head float.

Check Point

- Relax your neck and shoulders.

D30020-Body Dolphin



[Video Example](#)

[Video Description](#)

Overview

From the prone glide, push the body forward and allow your body to sink, then relax the body and float.

Check Point

- Raise your upper body before you dive.
- Dive while stretching the armpits.
- Prevent vertical movement.
- Stabilize your face angle.