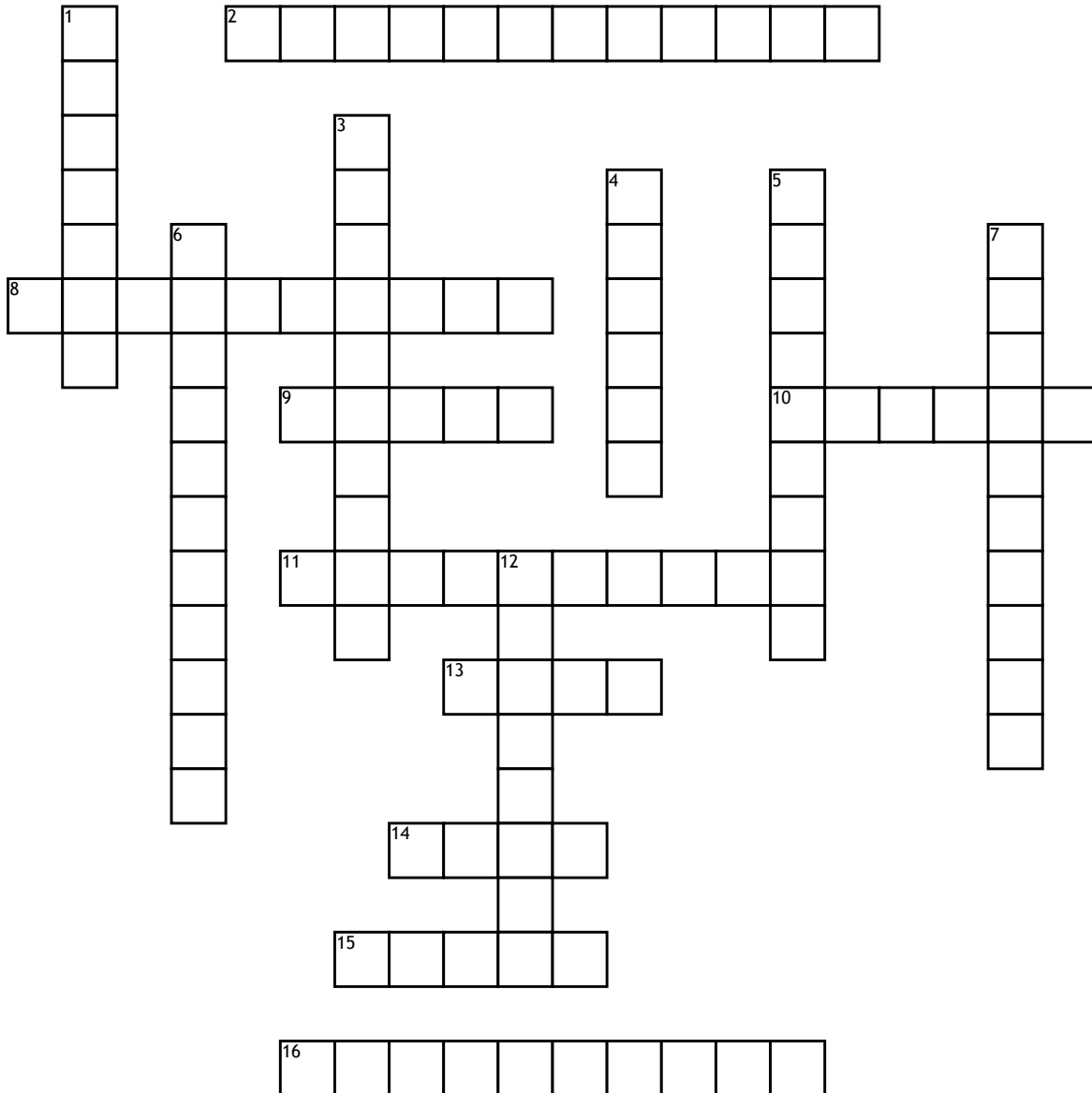


swimming



Across

2. reduces water resistance

8. breathing to one side

9. To swim on your front

10. to lie face upwards

11. intoe is refered to in which stroke

13. type of jump

14. type breaststroke kick

15. type of leg action

16. butterfly has an..... movement

Down

1. to travel without kicking

3. same on both sides

4. stance, take off, flight, entry, glide are words used in?

5. breaststroke feet are this on the propulsive phase

6. pointed toes

7. fastest stroke

12. movement of the hand