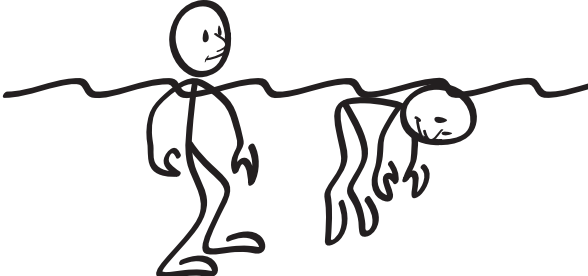




FLOATING AND GLIDING

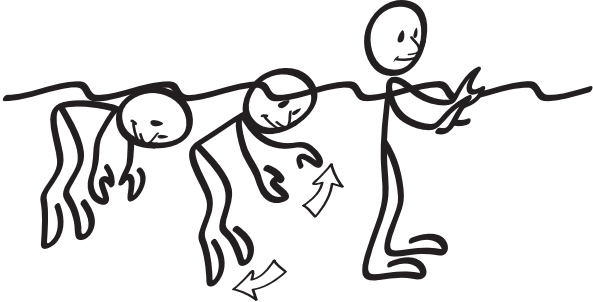
Jellyfish Float

Description	Figure	How Many
<p>Float for 5 seconds</p> <ul style="list-style-type: none">▪ Take breath▪ Lean down▪ Touch toes▪ Let legs, arms hang down	 A stick figure is shown in two positions. On the left, the figure is standing upright. On the right, the figure is leaning forward, with its head down and arms hanging straight down, demonstrating the 'Jellyfish Float' posture.	<p>3 times</p>



FLOATING AND GLIDING

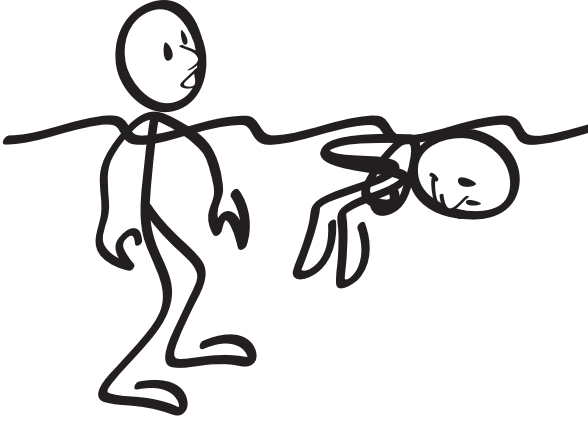
Stand Up

Description	Figure	How Many
<ul style="list-style-type: none">▪ Push arms forward▪ Push feet to bottom▪ Raise head		3 times



FLOATING AND GLIDING

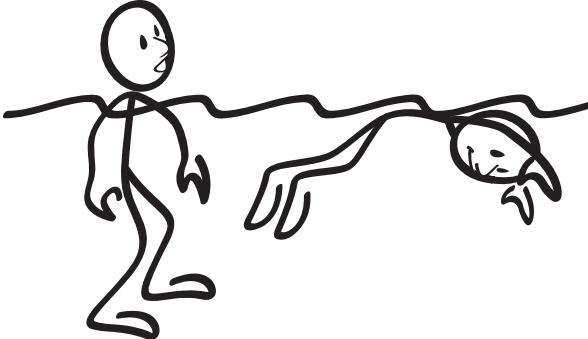
Turtle Float

Description	Figure	How Many
<p>Float for 5 seconds</p> <ul style="list-style-type: none">▪ Get breath▪ Lean down▪ Grab knees with arms▪ Let back float up	 A stick figure is shown in a side profile, leaning forward. Its arms are extended downwards, and its hands are positioned to grab its knees. The figure's legs are bent at the knees, and its feet are pointing towards the ground. This illustrates the 'Turtle Float' technique where the person's body is horizontal and supported by their arms.	<p>3 times</p>



FLOATING AND GLIDING

Front Float

Description	Figure	How Many
<p>Float for 5 seconds</p> <ul style="list-style-type: none">▪ Get breath▪ Lean forward▪ Straighten legs out	 A stick figure is shown in a front float position. The figure is leaning forward, with its arms extended straight out to the sides and its legs straight out behind it. The head is tilted back, and the mouth is open, indicating the person is taking a breath.	<p>3 times</p>



FLOATING AND GLIDING

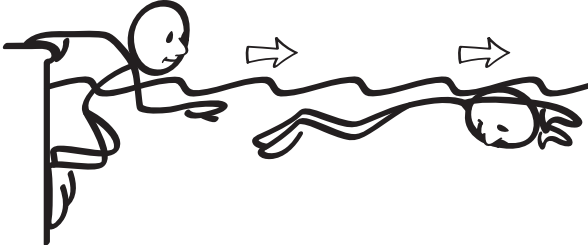
Back Float

Description	Figure	How Many
<p>Float for 5 seconds</p> <ul style="list-style-type: none">▪ Arch back and lean back▪ Relax on the water▪ Let legs rise	A stick figure is shown in a back float position. The figure is lying on its back, with its head tilted back and its legs raised and bent at the knees. The figure's arms are extended outwards, and its feet are pointing upwards.	3 times



FLOATING AND GLIDING

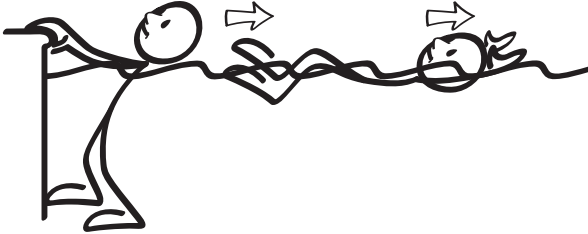
Front Glide

Description	Figure	How Many
<p>Glide 2 body lengths</p> <ul style="list-style-type: none">▪ One hand on wall▪ Push off from wall▪ Glide with arms straight	 A stick figure is shown in two positions to illustrate a front glide. In the first position, the figure is on a wall with one hand on the edge, arms extended forward, and legs straight. An arrow points to the right. In the second position, the figure is floating in the water, still with arms straight and legs extended, moving to the right. A second arrow points to the right.	<p>2 times</p>



FLOATING AND GLIDING

Back Glide

Description	Figure	How Many
<p>Glide 2 body lengths</p> <ul style="list-style-type: none">▪ Arch back and lean back▪ Relax on the water▪ Push off from bottom or wall	 A stick figure diagram illustrating the back glide technique. On the left, the figure is standing on a vertical wall, leaning back with its feet on the wall and arms extended forward. An arrow points to the right from the figure's head. On the right, the figure is shown floating on its back in the water, with its head tilted back and arms extended forward. An arrow points to the right from the figure's head, indicating the direction of movement.	<p>2 times</p>