

# BEGINNER SWIMMERS, LET'S LEARN FREESTYLE

As a beginner, you may face a lot of challenges in learning freestyle. Some challenges will be how to accustom with the water, learning the actions of the stroke, learning how to breathe and very possibly overcoming fear of the water. Don't worry, you will be fine. Follow the steps below to learn the freestyle step by step.

## BREAKING DOWN THE FREESTYLE SWIMMING



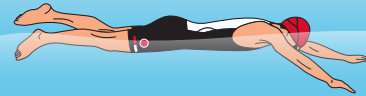
### 1 PUSH AND GLIDE

Keep body in a flat position and start to push your body off from the wall of the pool as far as you can, stretching arms out of water in straight and put it in front of you. Overlap your arms when you are diving. Keeping your legs together and straight when you are swimming, but let it relax. Pushing your chest down to the same level of your legs under the water.



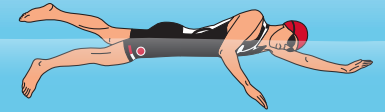
### 2 PRACTISE KICKING

Kick your legs from the hip, think about that your legs are 'switched off' and use the power from your hip joints to kick. Keep your legs straight, and let your big toes sidewise each other. Remember to keep your toes and ankles relaxed.



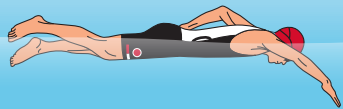
### 3 ARMS AND ROTATION

You should rotate your body side by side as each arm gets into the water in freestyle so that you can breathe if your other side comes up. You can start to kick gently and do a front crawl one arm at a time. The more you practice, the better result you can have.



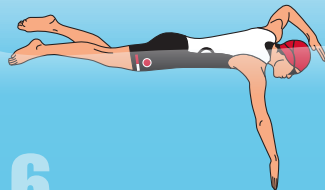
### 4 PRACTISE BREATHING

When you are doing one-arm front crawl in step 3, you can practise breathing. Using a natural exhalation under the water, and letting all the air coming out from your lungs, so you can inhale in time with your stroke when you rotate your face out of the water. Don't lift your head when you breathe!



### 5 START THE STROKE: ENTRY

When you start to do the stroke, your shoulder blades should be rolled back and your elbow is above your hand. As your hand puts in the water again, your arm will extend to the front and your body rolls to this side.



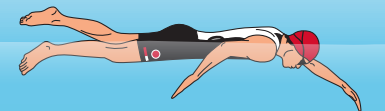
### 6 MAKE THE CATCH

You should bring your forearm and hand underneath the water and lift your other hand out of the water. Then, you start to push the water backwards, your body will face the bottom of the pool if your body rolls back the other way.



### 7 RECOVER AND INHALE

Remember to raise your elbow high and keep pulling your hands through the stroke. Your body naturally rolls to this side, so that your head can turn with it and you can inhale as the arm overlaps the water and ready to take the next stroke. The forward motion creates a bow wave and you can breathe.



### 8 MAINTAIN YOUR KICK

Keep the same rhythm with your movement, and let your ankles and knees be straight, but relaxed. Remember to use your glutes to kick from the hip, and use your toes gently brushing each other.