

## FC/BC - BODY POSITION & KICKING

- Both... **Glides with flutterkick** (*use stickers*)
- Back... **"MY FAIR LADY"** (*use sponges*)
- Both... **SHARK FIN** (*add Hula Hoop*)
- Both... **PYRAMID KICKING** (*Side kick for 12-6-3 before rolling to other side*)
- Back... **TEE PEE KICKING** (*Hands on/over stomach*)
- Both... **FASHION MODEL** (*Hands on hips, elbows pointing sideways then roll & hold elbow out for \_\_\_\_ seconds/kicks*)

## FC/BC - ARMS, BREATHING & TIMING

- FC... **CIRCLES**
- FC... **PEPSI-COLA-7UP** (roll & breathe on "up"...hold side glide)
- BC... **CIRCLES**
- BC... **BACK BREAKERS**
- FC... **RHYME** (*"In it goes, draw a nose, wave goodbye, elbows hi"*)
- FC... **ZIPPER SWIM**
- BC... **ROW BOAT** (on edge)
- BC... **"LET'S GO BLUEJAYS..."**

## EB - KICKING

- **FLYING WHIPKICK** (*vertical*)
- **WALL KICKING** (*Belly up – out of pool*) – “I L V O”
- **STATIONARY SILENCE** (*PARTNER – stand at head*)
- **EXPLOSIVE SILENCE** (*PARTNER – stand at feet*)

Trigger the senses...

**Auditory** = “Feel the ROAR of the motorbike as you stomp down”

**Visual** = “Watch inside of your foot push down”

**Tactile** = “Feel the friction of the water against the inside of your foot”

## EB - ARMS, BREATHING & TIMING

- **COKE BOTTLE SWIM** (*PARTNER holds stationary - @ thighs*)
- **COKE...** (*PULL BUOY between thighs – moving*)
- **SLINKY, SLINKY, GROOVY!**
- **TIE STRING**
- **TOUCH GLIDE**

## BR - KICKING

- **FLYING WHIPKICK** (*vertical*)
- **WALL KICKING** (*Belly down – in pool*) – “I L V O”
- **STATIONARY SILENCE** (*PARTNER – stand at head*)
- **EXPLOSIVE SILENCE** (*PARTNER – stand at feet*)

Trigger the senses...

**Tactile** = “After I touch the small of your back, try to touch same place with your heels”

**Tactile** = “Feel tension in the muscles of your inner thighs during O”

**Tactile** = “Feel a stretch in the front of your hip during L & V”

## BR - ARMS, BREATHING & TIMING

- **STOP-SCOOP-PRAY-DIVE** (*out of pool*)
- **DIGGING IN QUICKSAND** (BEND in shallow)
- **WOGGLE MOVE & WOGGLE WARS**
- “**BREATHING WITH \_\_\_\_\_ (BRENDA)**”
- “**PULL & BREATHE**”... (*hover & wait*)... “**KICK & DIVE**”  
... (*now*) ... “**GLIDE**”!!!