



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Jump In!

It's simple — all you need is a **swimsuit** and a **pool**. A pair of **goggles** will allow you to see where you are going underwater without your eyes feeling itchy and irritated. They even make prescription goggles so you can see underwater if you wear glasses!

Check out your neighborhood or a community center in your area for a pool you can use. If you swim outside be sure to use **waterproof sunscreen!**



## Types of Swimming Strokes



## PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

- When you are on the board, enter the water straight on and make sure there's nothing in your way before you leap.
- Only try dives that are in your comfort zone.



## Fun Facts

- The first 4 Olympics (1896–1906) were not held in pools, but in **open water**, including the Mediterranean and the Seine river.
- **Platform diving** became an Olympic event in 1904. **Springboard diving** made it in 1908.
- Competitive divers hit the water at speeds of up to **34 miles per hour!**



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Swimming as a Sport

---

---

---

### Types of Swimming Strokes



# PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

