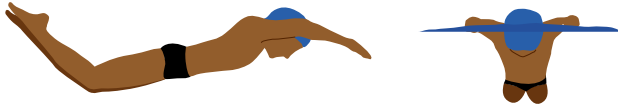


## Strokes Expected Standards

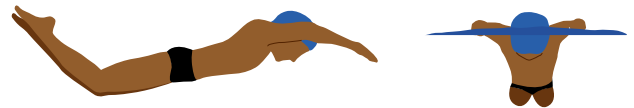
# Butterfly

1



Hands pull down, lower leg pushes down with toes pointed.

2



Arms pull wide with the head looking forward.

3



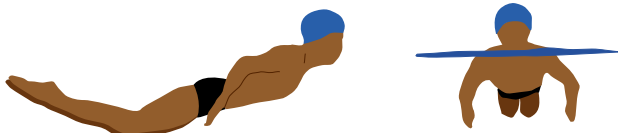
Legs push up, hips push down and hands move in under shoulders.

4



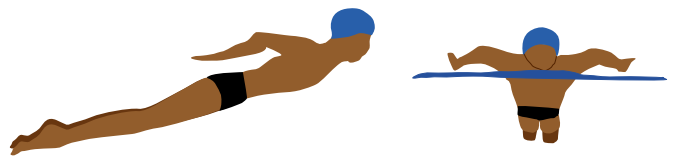
Legs continue upward movement, hips push down, hands move in under body and head comes up out of water.

5



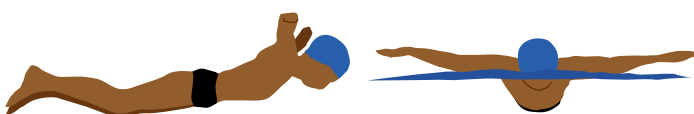
Legs begin downward movement, hands push back at side of hips, and head clears water.

6



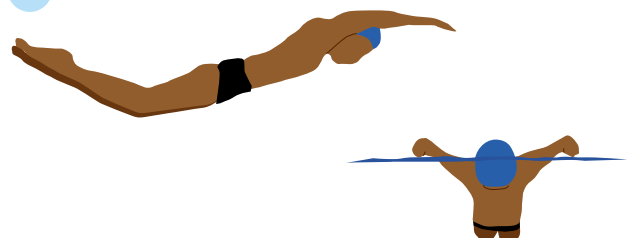
Arms begin recovery over the water with the head thrust forward to breathe.

7



Arms come over straight and wide with face down in water.

8



Hands enter in front of shoulders to repeat action.