

Swimming Vocabulary words

1. **arm bands**
2. **cap**
3. **ear plugs**
4. **fins/flippers**
5. **flip-flops**
6. **goggles**
7. **pool noodle**
8. **nose clip**
9. **paddles**
10. **pull buoy**
11. **raft**
12. **ring**
13. **snorkel**
14. **swim belt**

Swimming Vocabulary Definitions

1. **arm bands:** a piece of plastic filled with air that people who are learning to swim wear on their arms in the water to help them float.
2. **cap:** a thin hat that stops your hair getting wet when swimming.
3. **ear plugs:** a small piece of soft material that you put into your ear to keep water out.
4. **fins/flippers:** a type of large flat rubber shoe used for swimming, especially underwater.
5. **flip-flops:** a type of open shoe, often made of rubber, with a V-shaped strap that goes between the hallux and the toe next to it.
6. **goggles:** special glasses that fit close to the face to protect your eyes from water.
7. **pool noodle:** a light cylinder-shaped and long object that floats on water and that you hold onto or put under your arms when you are learning to swim or exercising in the water.
8. **nose clip:** a small object usually made of rubber or plastic worn to keep water out of a swimmer's nose.
9. **paddles:** a plastic device worn over the swimmers palm and attached over the back of the hand with elastic cord.
10. **pull buoy:** a figure eight shape made of foam used in swimming workouts.
11. **raft:** a flat floating structure for travelling across water / a small rubber or plastic boat.
12. **ring:** an inflatable round object that you put around your waist to keep you afloat while you are learning to swim.

- 13. snorkel:** a tube that you hold in your mouth to help you breathe if you are swimming with your face underwater.
- 14. swim belt:** an adjustable strap that you wear around your waist with foam attached to help you float.

Swimming Vocabulary Pictures

swim belt



swim ring



snorkel



pull buoy



paddles



flip-flops



fins / flippers



nose clip



pool noodle



ear plugs



cap



goggles



arm bands



raft

