

Swimming Vocabulary List

word	example sentence	meaning
backstroke	Backstroke's easy, but you can't see where you're going.	a swimming stroke you can do on your back
breaststroke	My grandma can only do the breaststroke.	an easy stroke in which you move your legs like a frog
butterfly	I'll never learn how to do the butterfly properly!	a difficult stroke mostly used by competitive swimmers
dolphin kick	It takes a long time to learn how to do the dolphin kick.	a rhythmic leg movement only used in the butterfly stroke
flutter kick	When you do the flutter kick, keep your toes straight.	the leg movement used in freestyle and backstroke
freestyle (1)	Who won the women's 100 metre freestyle?	a swimming event in which swimmers are free to use any style
freestyle (2) (also "Australian crawl" and "front crawl")	We learned freestyle in kindergarten.	the fastest swimming style, used in freestyle events
frog kick	Frogs are very good at doing the frog kick.	a frog-like kicking movement used in breaststroke

lap (also "length")	How many laps do they swim in a 400 metre race?	the distance from one end of a swimming pool to the other
medley	You have to be good at every style to win a medley.	a race that includes one or more laps in each of four swimming styles
open water	We'll be swimming in open water instead of in a pool.	a large area of water in a lake or in the sea
relay	The Japanese team won the 4 x 100m relay again.	a team race in which members take turns to compete
starting block	I get really nervous when I'm on the starting block.	a small platform each swimmer dives from at the start of a race
stroke	How many strokes did you learn in your swimming classes?	a style of swimming, like backstroke or breaststroke
touch pad	Make sure you hit the touch pad each time you turn.	an underwater electronic pad that competitors touch at the end of each lap

C) EQUIPMENT

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

Equipment 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/flipper**s: 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



snorkel



flip-flops



swim ring



pull buoy



paddles



kickboard



nose clip



pool noodle



goggles

fins / flippers



ear plugs



cap



raft



arm bands