



### Swimming Basics

#### Fundamental Strokes

|                                 |   |
|---------------------------------|---|
| <b>Freestyle (Front Crawl):</b> | Alternating arm movements with flutter kicks. Emphasize body rotation and breathing technique.          |
| <b>Backstroke:</b>              | Alternating arm movements with flutter kicks while on your back. Keep a streamlined body position.      |
| <b>Breaststroke:</b>            | Simultaneous arm movements with a whip kick. Focus on timing and coordination.                          |
| <b>Butterfly:</b>               | Simultaneous arm movements with a dolphin kick. Requires significant strength and coordination.         |
| <b>Sidestroke:</b>              | Alternating scissor kick and arm movements in a horizontal position. Useful for long-distance swimming. |

#### Breathing Techniques

|                                |  |
|--------------------------------|--|
| <b>Freestyle Breathing:</b>    | Rotate your head to the side to inhale as your arm recovers. Exhale underwater.            |
| <b>Breaststroke Breathing:</b> | Inhale as your arms move outward during the pull phase. Exhale underwater.                 |
| <b>Backstroke Breathing:</b>   | Inhale as one arm recovers and exhale as the other recovers. Maintain a consistent rhythm. |
| <b>Butterfly Breathing:</b>    | Inhale as your arms recover and exhale underwater as your arms move forward.               |

#### Water Safety

- Always swim in designated areas supervised by lifeguards.
- Never swim alone.
- Know your limits; avoid overexertion.
- Be aware of weather conditions and water currents.
- Learn basic water rescue techniques.

### Surfing Essentials

#### Board Types

|                         |  |
|-------------------------|--|
| <b>Longboard:</b>       | Ideal for beginners and smaller waves. Easy to paddle and provides stability.                            |
| <b>Shortboard:</b>      | For experienced surfers. Highly maneuverable and designed for larger waves.                              |
| <b>Funboard/Hybrid:</b> | A mix between longboard and shortboard characteristics. Versatile and suitable for intermediate surfers. |

#### Surfing Techniques

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|-------------------------|--|
| <b>Paddling:</b>        | Lie flat on the board and paddle using alternating arm movements. Keep your body centered.             |
| <b>Pop-Up:</b>          | Transition from lying down to standing up quickly and smoothly. Practice on land first.                |
| <b>Riding the Wave:</b> | Maintain balance by bending your knees and shifting your weight. Look in the direction you want to go. |
| <b>Turning:</b>         | Use your weight and body position to turn. Leaning forward helps with speed and turning.               |

#### Surfing Safety

- Always wear a leash to keep your board attached to you.
- Be aware of surf conditions, including wave size and currents.
- Respect local surfers and follow surf etiquette.
- Protect yourself from the sun with sunscreen, hat, and rash guard.
- Know your limits and avoid surfing in conditions beyond your skill level.

### Kayaking and Paddleboarding

#### Kayak Types

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|--------------------------|---|
| <b>Sit-on-Top Kayak:</b> | Easy to get in and out of, suitable for recreational paddling and warm weather.       |
| <b>Sit-Inside Kayak:</b> | Provides more protection from the elements, better for colder conditions and touring. |
| <b>Inflatable Kayak:</b> | Portable and easy to store, good for recreational use and travel.                     |

#### Paddleboarding Basics

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|----------------------------|---|
| <b>Stance:</b>             | Stand with feet shoulder-width apart, knees slightly bent, and core engaged.                                      |
| <b>Paddling Technique:</b> | Reach forward and plant the paddle in the water. Pull the paddle back towards your feet, using your core muscles. |
| <b>Turning:</b>            | Use sweep strokes to turn. For sharper turns, use a reverse sweep stroke.   |

#### Safety Tips

- Always wear a personal flotation device (PFD).
- Be aware of weather conditions and water currents.
- Carry a whistle or other signaling device.
- Paddle with a buddy whenever possible.
- Let someone know your planned route and estimated return time.

### Windsurfing and Kitesurfing

#### Windsurfing Basics

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|------------------------|---|
| <b>Board and Sail:</b> | Understand the different types of boards and sails and choose the right equipment for your skill level and wind conditions. |
| <b>Basic Stance:</b>   | Keep your knees bent, back straight, and arms extended. Use your body weight to control the sail.                           |
| <b>Steering:</b>       | Lean forward to go downwind and lean back to go upwind. Use your feet to steer the board.                                   |

#### Kitesurfing Essentials

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|----------------------|--|
| <b>Kite Control:</b> | Learn how to launch, fly, and land the kite safely. Practice kite control on land before entering the water. |
| <b>Board Skills:</b> | Get comfortable riding the board in the water. Start with body dragging to get a feel for the kite's power.  |
| <b>Water Start:</b>  | Coordinate the kite and board to stand up and ride. Requires practice and good kite control.                 |

#### Safety Guidelines

- Take lessons from a certified instructor.
- Always check weather conditions and wind forecasts.
- Use appropriate safety gear, including a helmet and personal flotation device.
- Be aware of other water users and maintain a safe distance.
- Know your limits and avoid overexertion.