

Swimming Basics

Fundamental Strokes

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

Breathing Techniques

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

Water Safety

<ul style="list-style-type: none">• 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

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

Surfing Techniques

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

Surfing Safety

<ul style="list-style-type: none">• 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.
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Kayaking and Paddleboarding

Kayak Types

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

Paddleboarding Basics

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

Safety Tips

<ul style="list-style-type: none">• 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.
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Windsurfing and Kitesurfing

Windsurfing Basics

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

Kitesurfing Essentials

Kite Control:	Learn how to launch, fly, and land the kite safely. Practice kite control on land before entering the water.
Board Skills:	Get comfortable riding the board in the water. Start with body dragging to get a feel for the kite's power.
Water Start:	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.