**Swimming Phrases**

1. 7 days without swimming make one weak
2. Just keep swimming,
   1. just keep swimming…
3. Individual medley:
   1. Butterfly, backstroke, breaststroke, front crawl
4. Dolphin kick
5. Whip kick
6. Flutter kick
7. Egg beater kick
8. Kick from your hips
9. Rotate your shoulders
10. Rotary breathing
11. Kick board
12. Circle swim
13. Count your strokes
14. Flip turn
15. Push off the wall
16. Kick and streamline
17. Sidestroke
18. Scissor kick
19. At the top
20. Circle swim
21. Share the lane
22. Keep your head down
23. Chlorine is my cologne

Source: https://sloganshub.org/swimming-slogans/