

Developing Good Technique

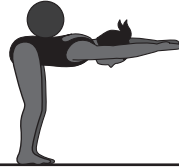
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

1 Position



Grab a ball (soccer ball, playground ball, etc.). Bend forward at the hips so chest is parallel to the ground.

2 Hold



Place the ball on your back and try to keep the ball from rolling off. Extend arms in a front-glide position. See how long you can hold the ball on your back.

3 Repeat



Do this activity two to three times throughout the course of the swim lessons session.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

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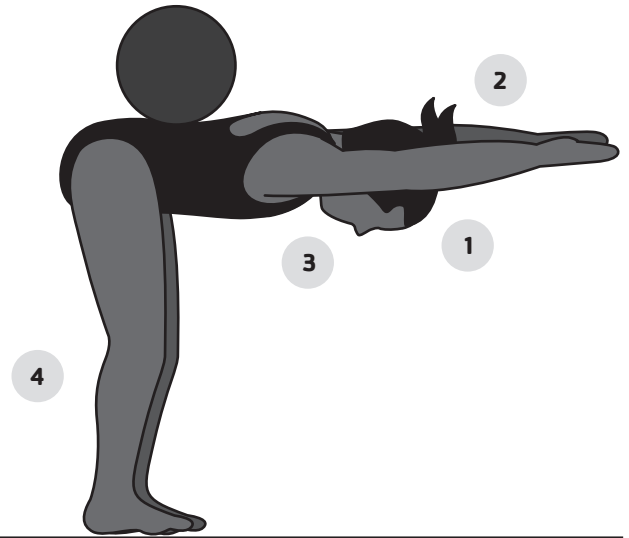
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Helpful Tips

During the activity, pay attention to the following:

- 1 Are biceps behind ears?
- 2 Are elbows straight?
- 3 Is chin tucked?
- 4 Are legs straight?

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