

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



Lie on stomach on floor with straight arms and legs. Extend arms in a glide position: hands together, elbows straight, biceps behind ears, and head down.

2 Hold



Keeping the torso on the ground, lift arms and legs a couple of inches off the ground and hold for five seconds.

3 Relax & Repeat



After five seconds, let the arms and legs relax. Rest for a few seconds, then 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

Helpful Tips

During the activity, pay attention to the following:

- 1 Are biceps behind ears?
- 2 Are elbows straight?
- 3 Is head down?
- 4 Are legs straight?

