

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 floor in a front-glide position with arms and legs hovering a couple of inches off the ground. Keep head down and biceps behind ears.

2 Kick Leg



From the hip, lift one leg up without bending the knee. Keep feet pointed but slightly relaxed.

3 Alternate



Kick the second leg up as you bring the first leg down. Both legs should make the same movement. Continue to alternate legs for 30 seconds. 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 Does the kick come from the hips?
- 2 Is the leg straight during the upward kick?
- 3 Are feet pointed but slightly relaxed?
- 4 Do legs make the same movement?

