

**Developing Good Technique**

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

**1 Position**



Lie on back in bathtub with straight arms and legs, head tilted slightly back, looking at ceiling.

**2 Float**



Keeping the back flat and in the water, float for 10 seconds.

**3 Relax & Repeat**



After 10 seconds, come out of the float position. Rest for a few seconds, then repeat the complete activity three times. 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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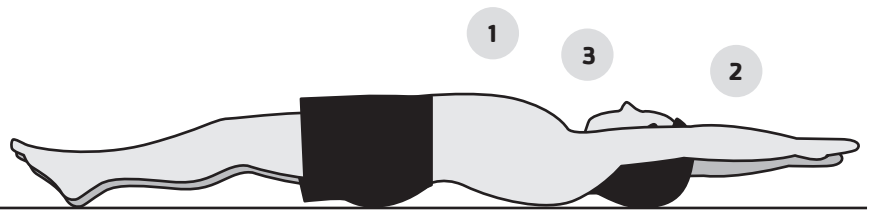
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YMCA Swim Lessons

**Helpful Tips**

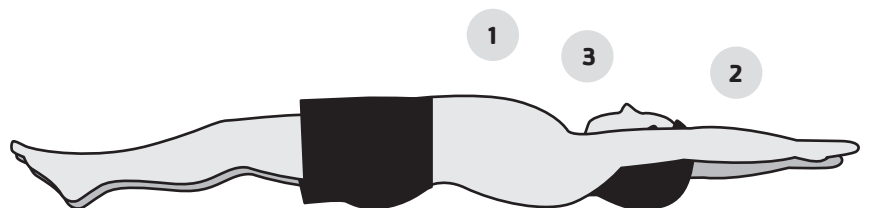
During the activity, pay attention to the following:

- 1 Are chest and tummy pointed up?
- 2 Are elbows straight?
- 3 Is head tilted slightly back, looking at ceiling?

**Helpful Tips**

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#### 1 Position



Lie on back on floor with straight arms and legs. Extend arms in a glide position: hands together, elbows straight, biceps behind ears, and head slightly tilted back, looking at ceiling.

#### 2 Hold



Keeping the back on the floor, lift legs and arms a couple of inches off the ground and hold for 10 seconds.

#### 3 Relax & Repeat



After 10 seconds, let the arms and legs relax. Rest for a few seconds, then repeat the complete activity three times. Do this activity two to three times throughout the course of the swim lessons session.

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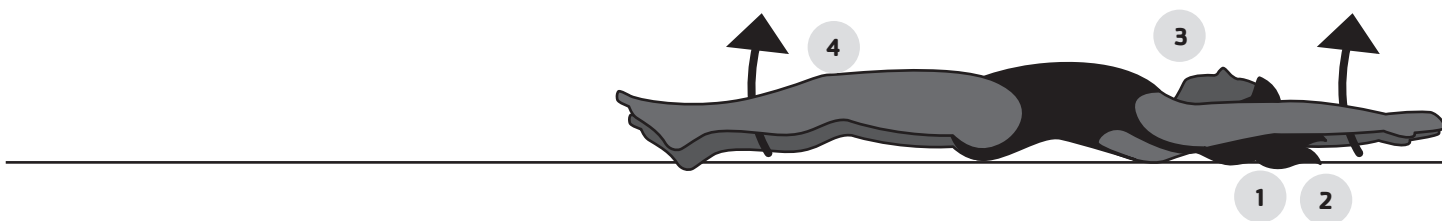
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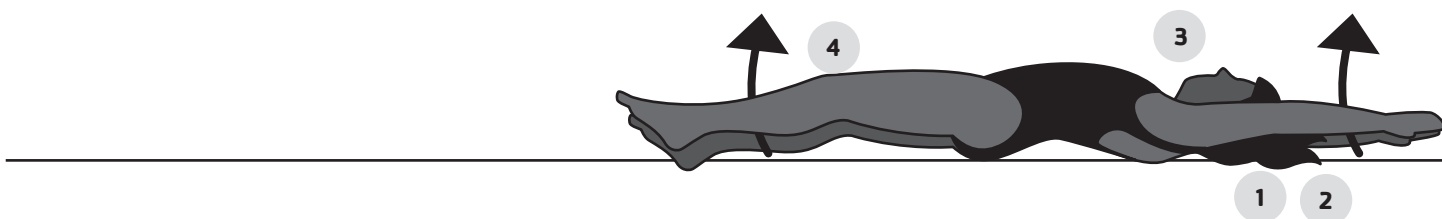
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- 3 Is head slightly tilted back?
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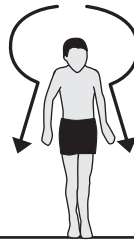
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**1 Position**



Stand with arms straight overhead.

**2 Arm Action**



With hands, draw an outline of a large keyhole by pressing in at the chest, then pressing out toward the hips. Bring arms back overhead.

**3 Repeat**



Repeat 10 times. Do this activity two to three times throughout the course of the swim lessons session.

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**YMCA Swim Lessons**

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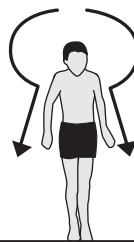
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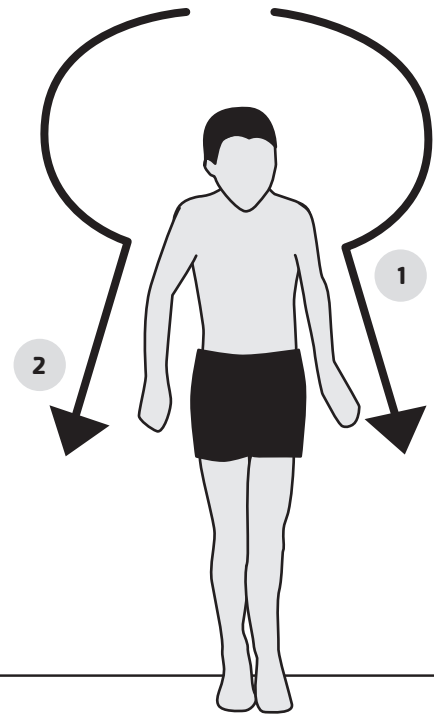
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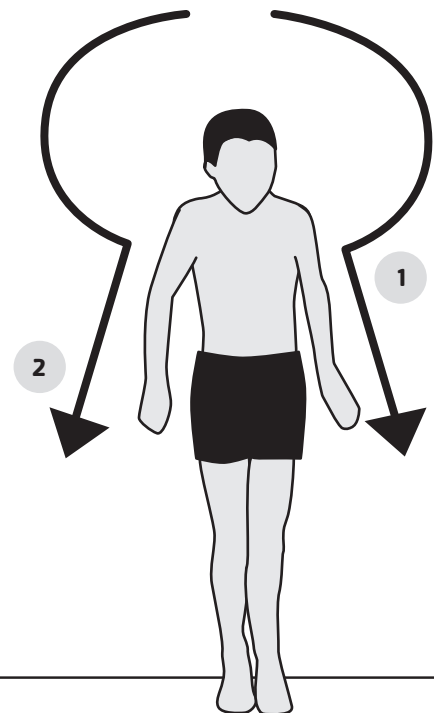
During the activity, pay attention to the following:

- 1 Do hands press in at the chest, palms facing each other?
- 2 Do hands press out toward the hips?

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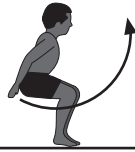
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

#### 1 Position



Stand with feet shoulder width apart, arms hanging at your sides.

#### 2 Squat & Jump



Squat down until knees are bent about 90 degrees. Immediately swing your arms overhead and jump upward as high as you can.

#### 3 Repeat



Rest for a few seconds, then repeat three times. Do this activity two to three times throughout the course of the swim lessons session.

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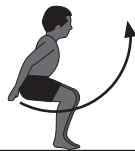
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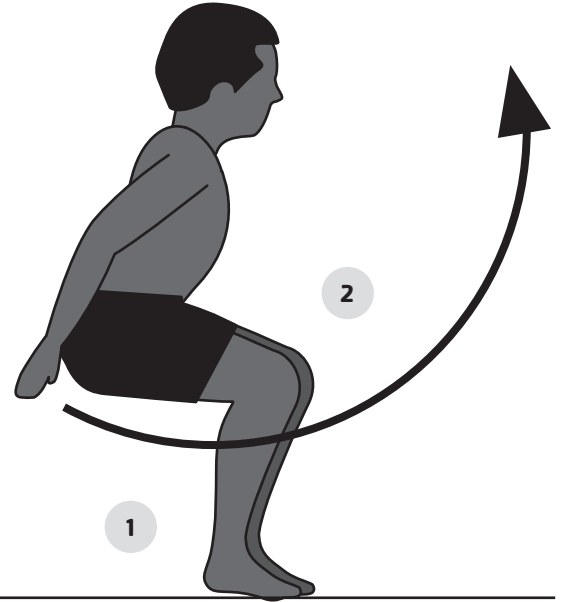
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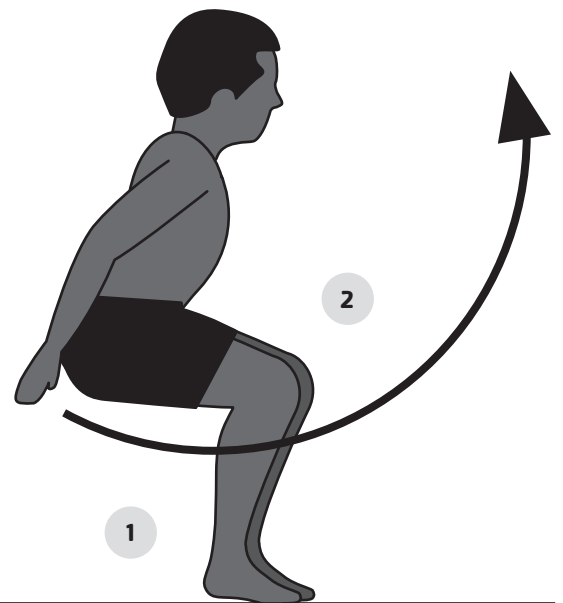
During the activity, pay attention to the following:

- 1 Are the feet shoulder width apart?
- 2 Do the knees bend about 90 degrees?

**Helpful Tips**

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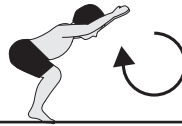
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#### 1 Position



On a soft surface (carpet or mat), stand tall with hands above head. Tuck chin to chest.

#### 2 Somersault



Complete one somersault on the ground and then stand tall with arms reaching overhead.

#### 3 Repeat



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

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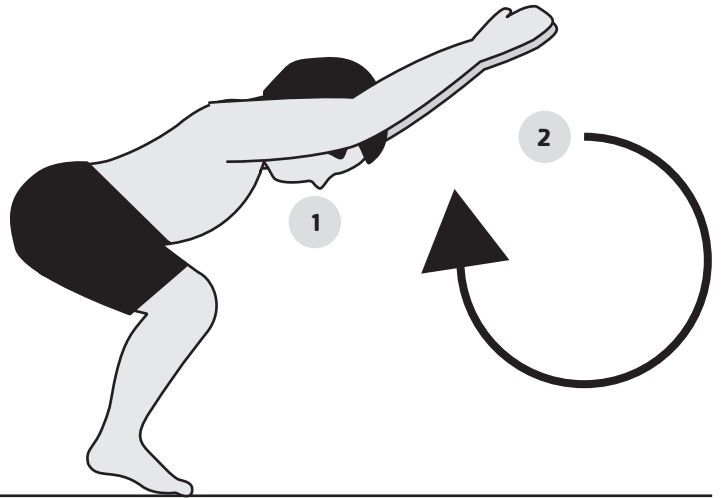
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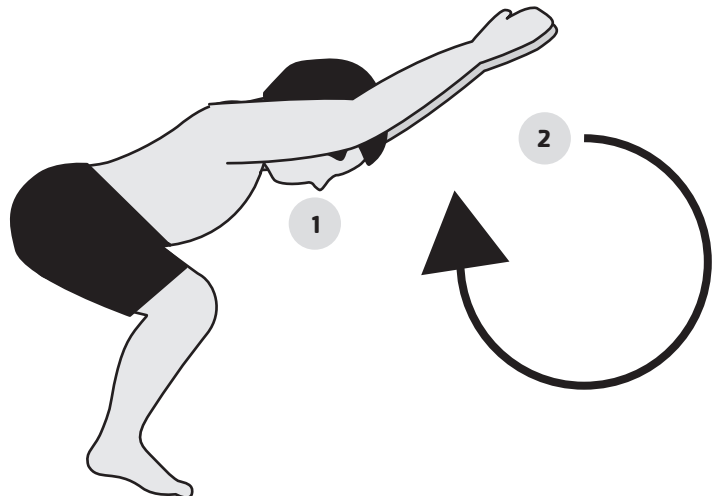
During the activity, pay attention to the following:

- 1 Is chin tucked?
- 2 Is the movement smooth?

**Helpful Tips**

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- 2 Is the movement smooth?



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**1 Position**



In a standing position, look straight ahead, not up or down, and extend one arm above the head. Next, begin moving that arm toward the floor as you move the other arm toward the head.

**2 Zip Side With Arms**



Pretend there is a zipper along the side of the body. When the hand that is moving toward the floor gets to the thigh, use it to “zip up” the side, keeping it in contact with the body at all times, as the other arm begins to move toward the floor.

**3 Alternate**



Continue the arm motions for 10 cycles, rest, and repeat three times. Do this activity two to three times throughout the course of the swim lessons session.

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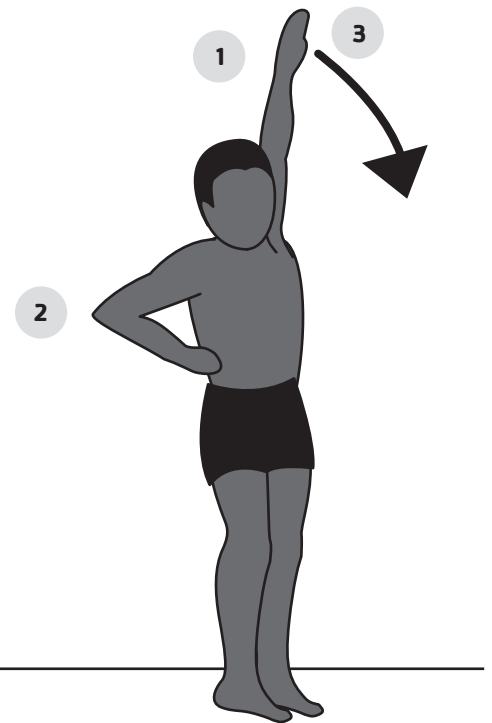
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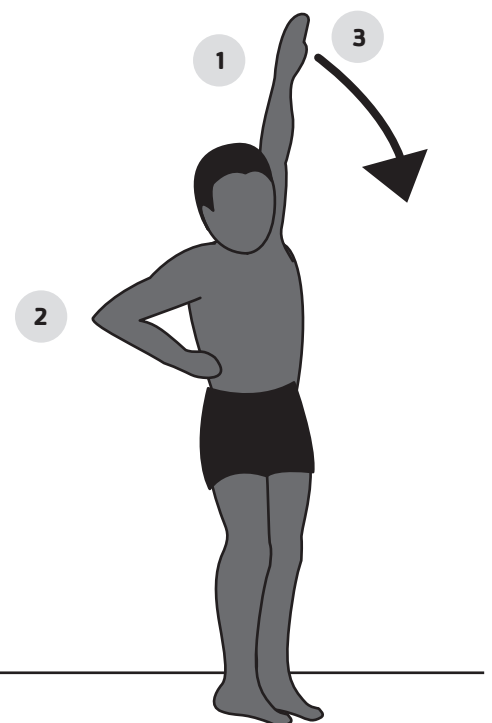
During the activity, pay attention to the following:

- 1 Do arms alternate their action?
- 2 Are arms bent and high at elbow?
- 3 Do arms extend above the head, ending with no bent elbow?

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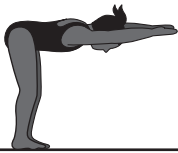
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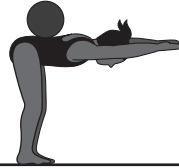
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#### 1 Position



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.

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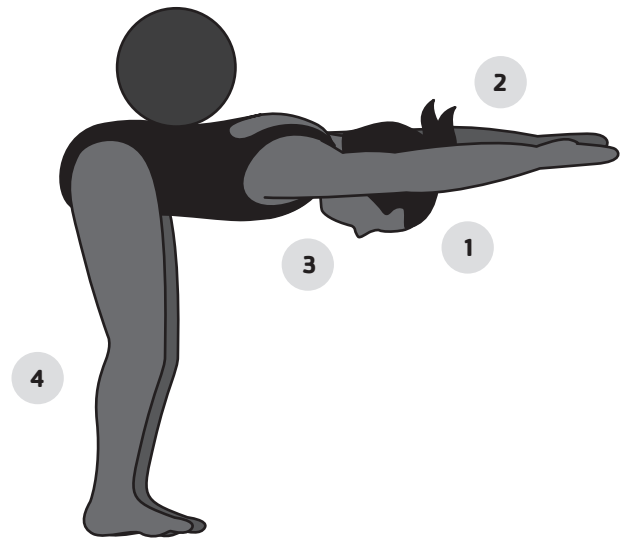
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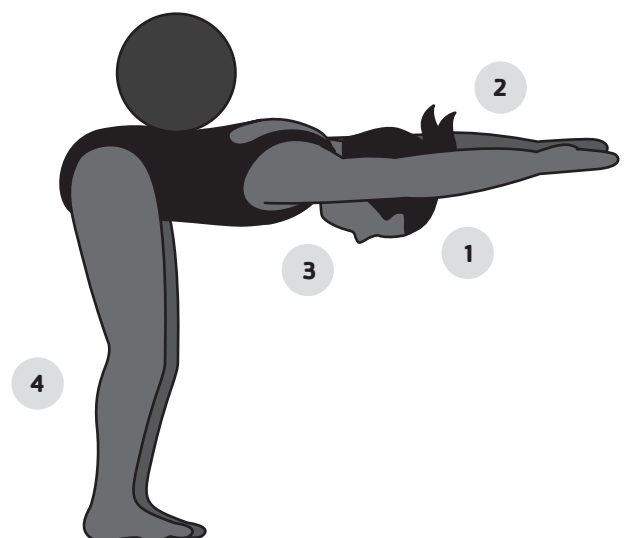
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- 2 Are elbows straight?
- 3 Is chin tucked?
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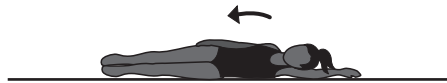
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#### 1 Position



Lie on stomach on floor in a front-glide position: arms together above head, elbows straight, biceps behind ears, and chin tucked.

#### 2 Roll to Side & Kick



Roll onto left side of body, swinging right arm down against the right side while rolling. Hold on side for three seconds, while doing a flutter kick. Roll back to stomach, returning arm overhead.

#### 3 Relax & Repeat



Rest for a few seconds, then repeat on left side. Repeat on each side one more time. Do this activity two to three times throughout the course of the swim lessons session.

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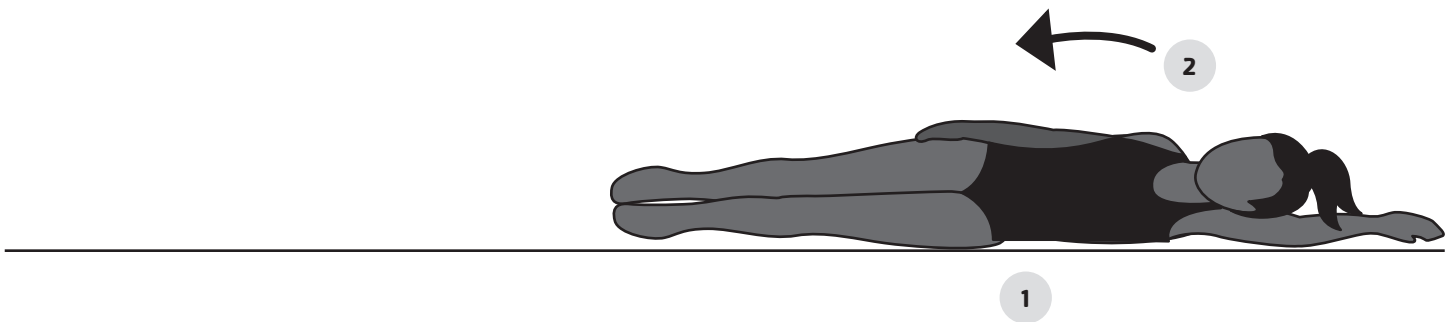
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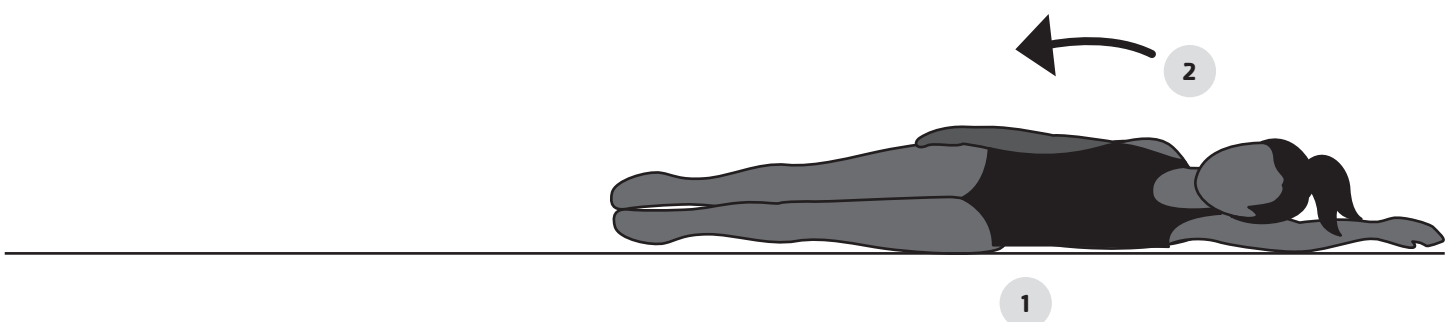
During the activity, pay attention to the following:

- 1 When in side-glide position, is the body balanced?
- 2 Does arm swing down along the side of the body?

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#### 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.

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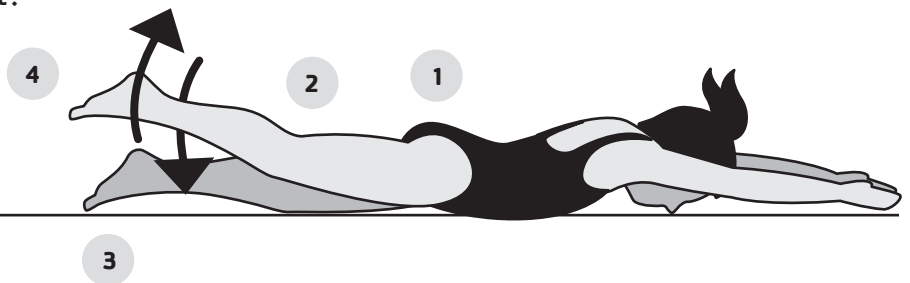
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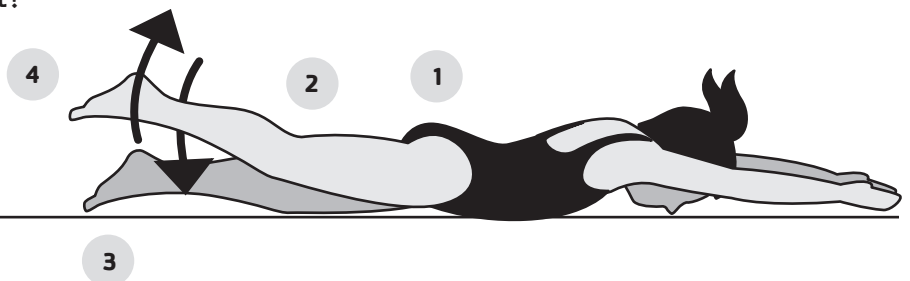
- 1 Does the kick come from the hips?
- 2 Is the leg straight during the upward kick?
- 3 Are feet pointed but slightly relaxed?
- 4 Do legs make the same movement?



### 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?



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**1 Position**



Practice front float in the bathtub. Lie on stomach with straight arms and legs.

**2 Float**



Submerge face, relax body, and float for a few seconds. If hesitant to submerge face, submerge chin or blow bubbles.

**3 Relax & Repeat**



Move into a sitting position. Rest for a few seconds, then repeat the complete activity three times. Do this activity two to three times throughout the course of the swim lessons session.

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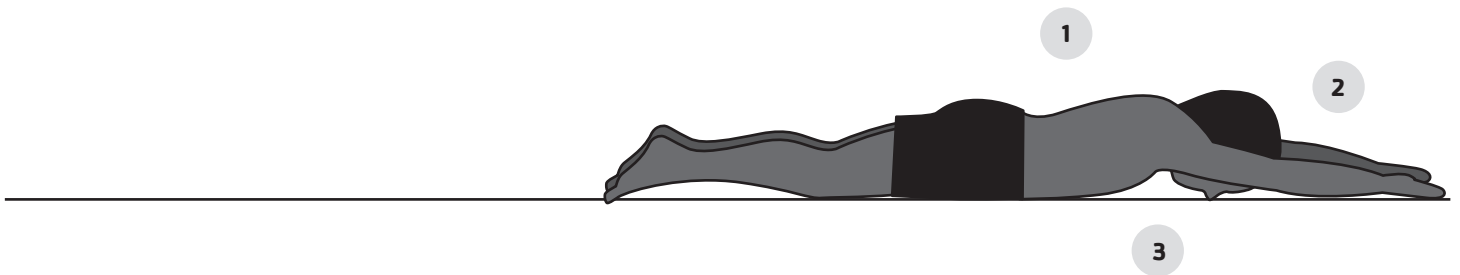
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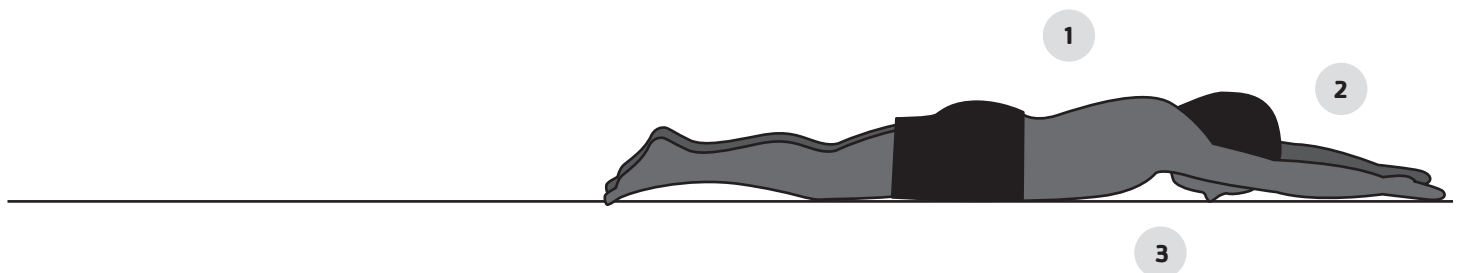
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- 1 Is the body relaxed?
- 2 Are elbows straight?
- 3 Is chin tucked?

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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.

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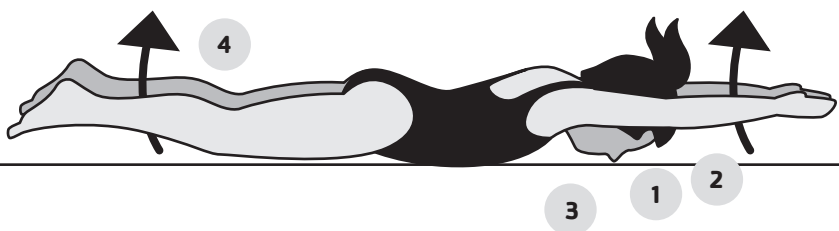
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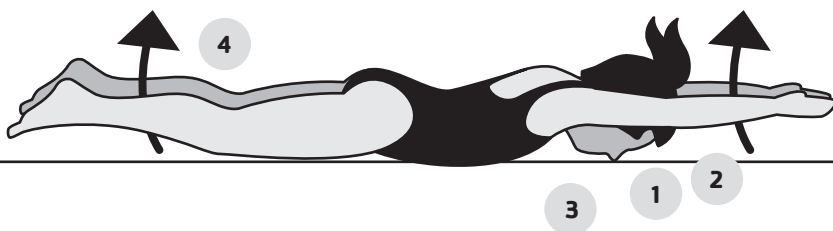
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#### 1 Position



Lie on the floor on your side with arms and legs straight. Extend one arm in a glide position.

#### 2 Kick Legs



Practice sidestroke kick by moving the top leg forward, the back leg backward, and snap both legs back to center.

#### 3 Repeat



Do 10 kicks, rest, and repeat three times. Do this activity two to three times throughout the course of the swim lessons session.

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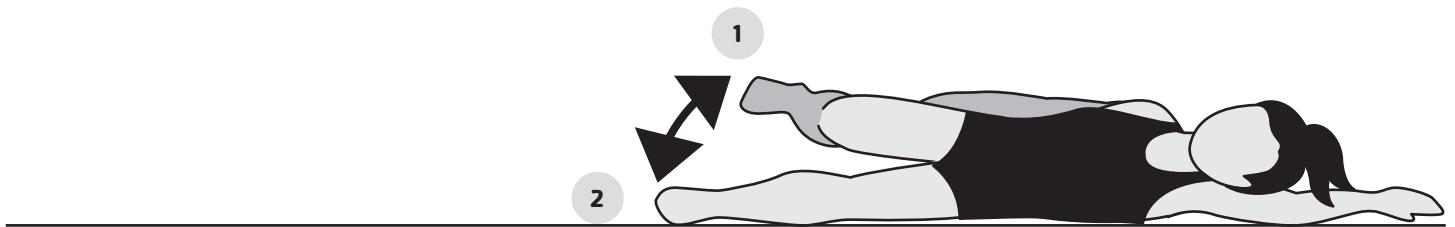
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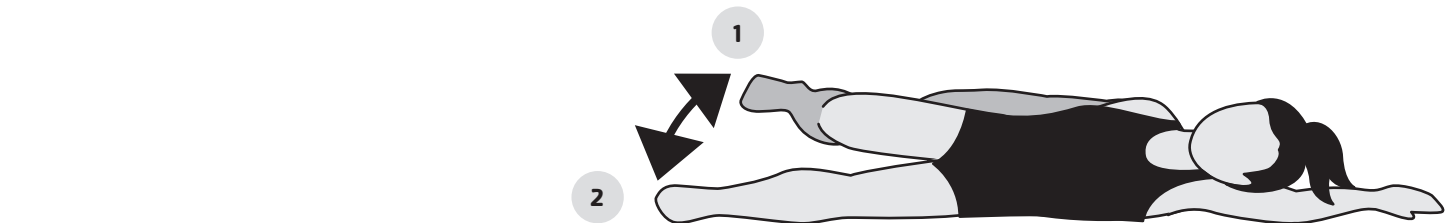
During the activity, pay attention to the following:

- 1 Do legs come together at the end of the kick?
- 2 Do feet point as they come together?

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

#### 1 Blow at Surface

Practice blowing bubbles in the bathtub. Start by blowing at the surface of the water.

#### 2 Submerge Face

Blow bubbles with lips and nose in the water. Hum so that air flows naturally through the mouth and nose.

#### 3 Repeat

Work up to putting the whole face underwater while blowing bubbles and keeping eyes open. Repeat at every bath time throughout the course of the swim lessons session.

Home activities should be performed under adult supervision.

YMCA Swim Lessons



### Developing Good Technique

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**Helpful Tips**

During the activity, pay attention to the following:

- 1 Do bubbles last longer than three seconds?
- 2 Is there any accidental inhalation of water?
- 3 Are eyes open underwater?
- 4 Is air coming out of nose and mouth?

**Helpful Tips**

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### Developing Good Technique

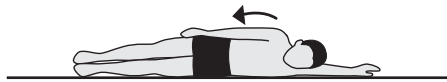
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

#### 1 Position



Lie on stomach on floor in a front-glide position: arms together above head, elbows straight, biceps behind ears, and chin tucked.

#### 2 Roll & Hold



Roll onto left side of body, swinging right arm down against the right side while rolling. Hold on side for three seconds. Roll back to stomach, returning arm overhead.

#### 3 Relax & Repeat



Rest for a few seconds, then repeat on left side. Repeat on each side one more time. Do this activity two to three times throughout the course of the swim lessons session.

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YMCA Swim Lessons

### Developing Good Technique

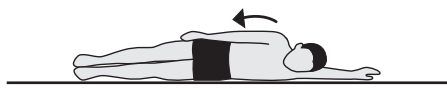
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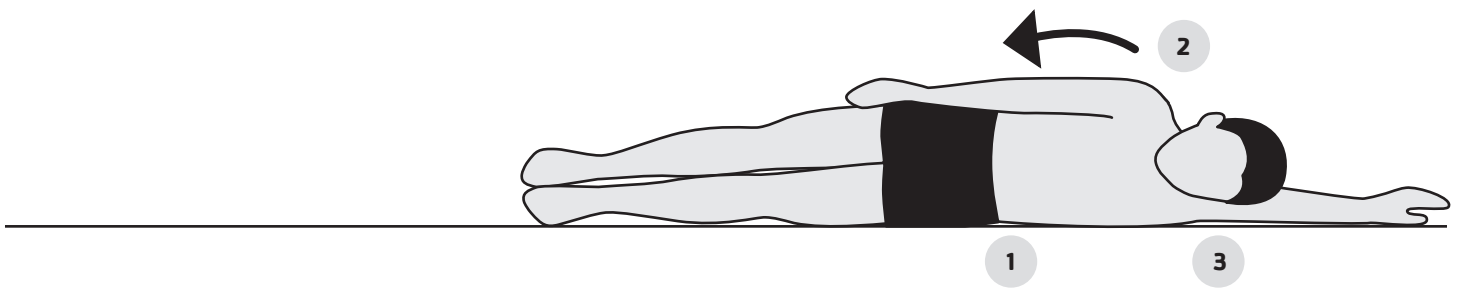
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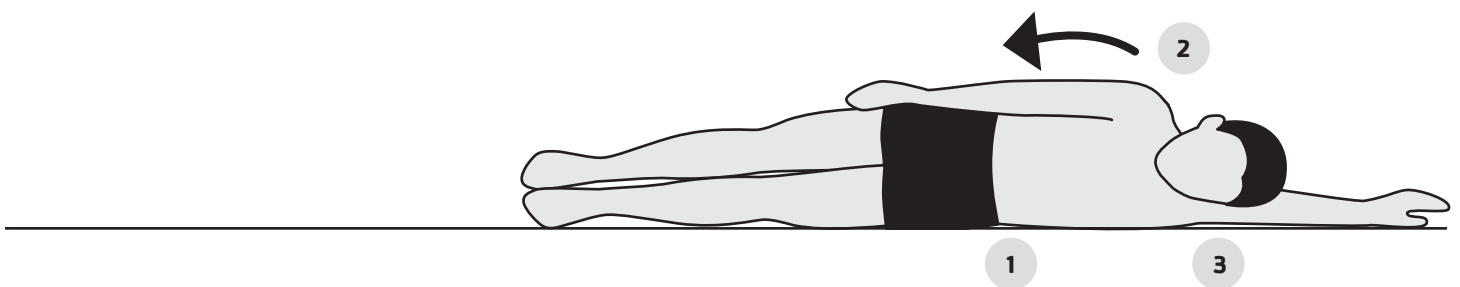
During the activity, pay attention to the following:

- 1 Is body balanced on the side?
- 2 Does arm swing down along the side of the body?
- 3 Does ear stay in contact with arm?

**Helpful Tips**

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- 1 Is body balanced on the side?
- 2 Does arm swing down along the side of the body?
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### Developing Good Technique

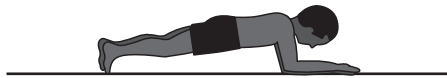
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#### 1 Position



Lie facedown with head resting on forearms.

#### 2 Hold Plank



Push up onto toes, making a straight line from head to heels. Keep elbows directly underneath shoulders and stomach tight against spine. Hold for 10 seconds.

#### 3 Relax & Repeat



Rest for a few seconds, then repeat the complete activity three times. Do this activity two to three times throughout the course of the swim lessons session.

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YMCA Swim Lessons

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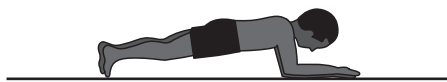
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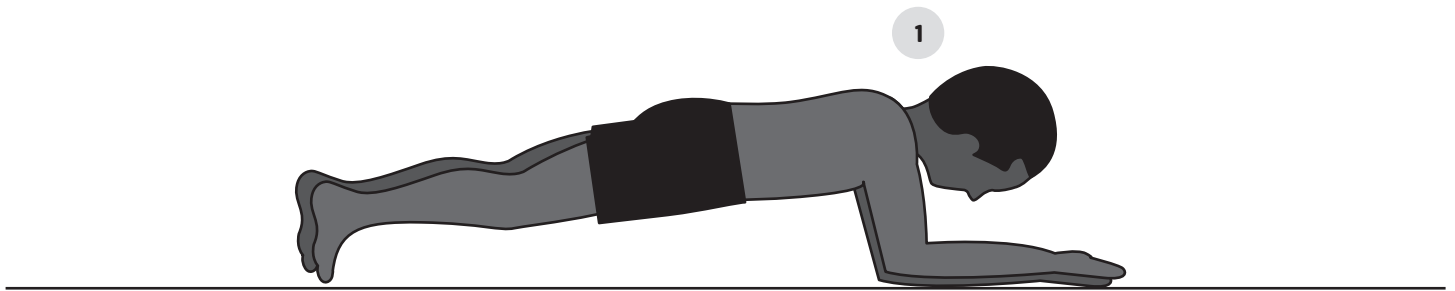
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During the activity, pay attention to the following:

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