

### Developing Good Technique

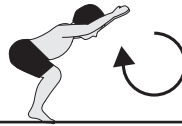
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

#### 1 Position



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.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

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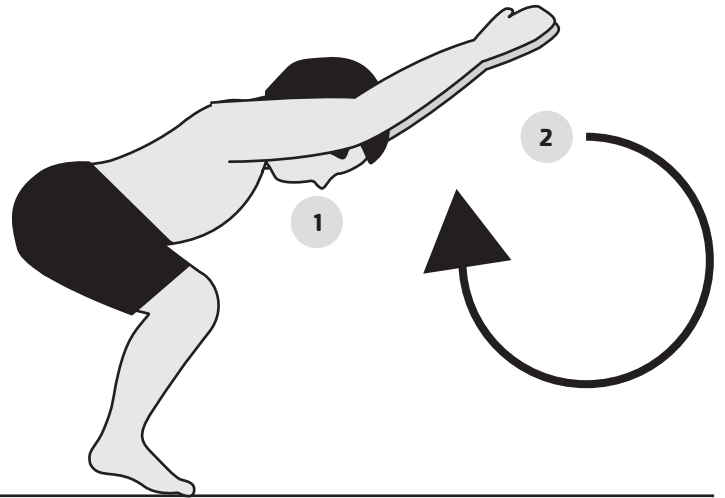
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**Helpful Tips**

During the activity, pay attention to the following:

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

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