

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



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.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

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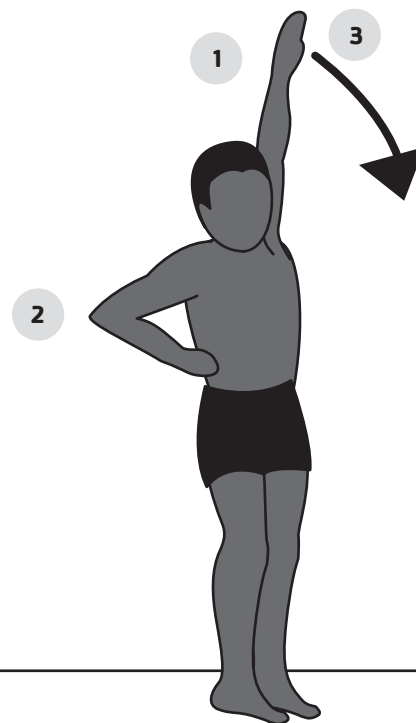
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Helpful Tips

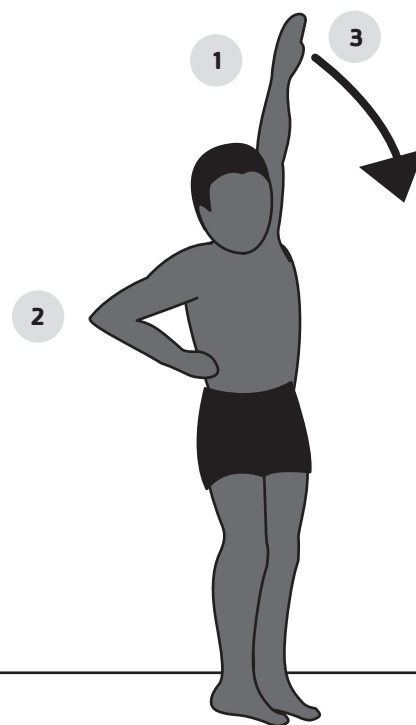
During the activity, pay attention to the following:

- 1 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?

**Helpful Tips**

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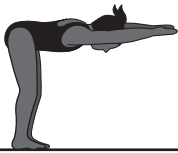
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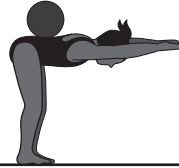
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1 Position



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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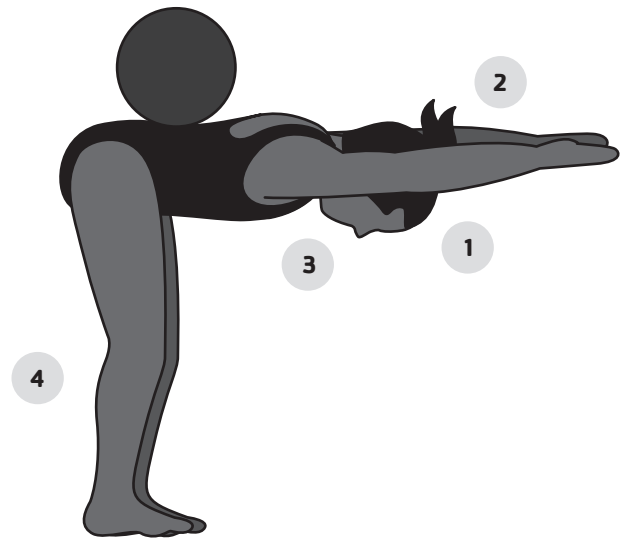
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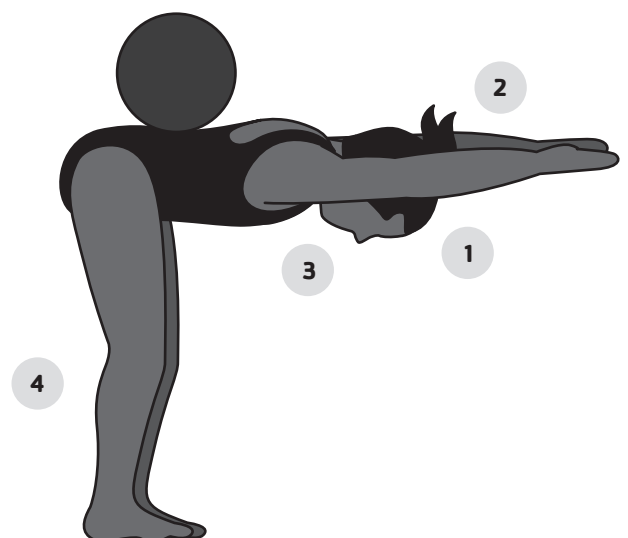
During the activity, pay attention to the following:

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

**Helpful Tips**

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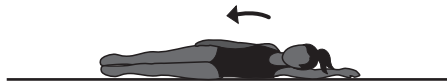
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1 Position



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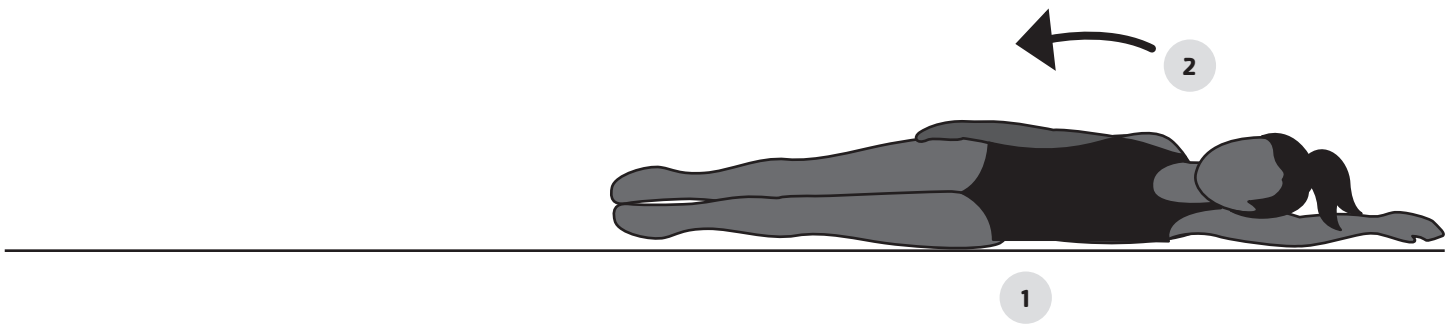
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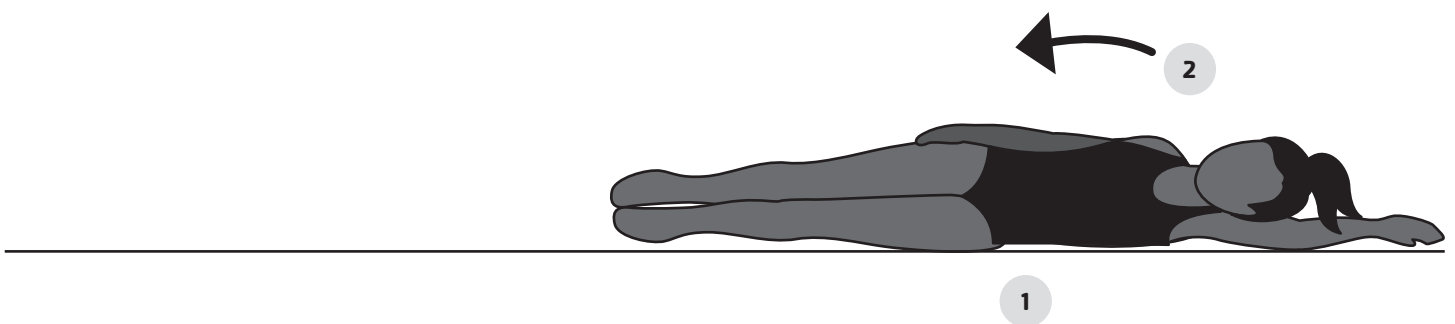
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- 1 When in side-glide position, is the body balanced?
- 2 Does arm swing down along the side of the body?

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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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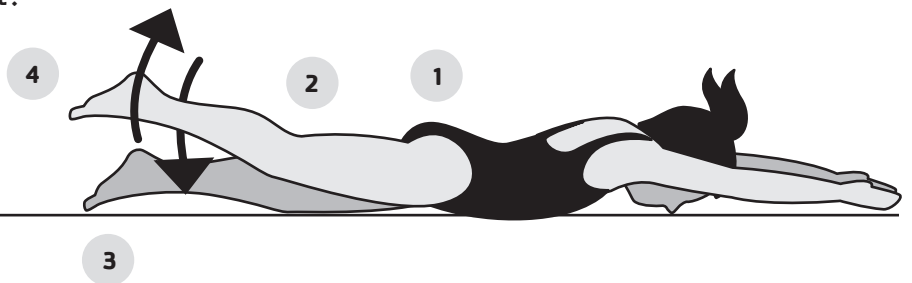
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Helpful Tips

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?

**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?

