



### 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



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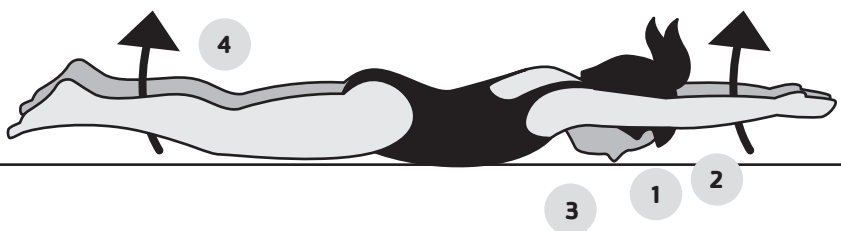
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**Helpful Tips**

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?

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