



### 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 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



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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?

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