

### Developing Good Technique

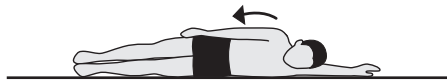
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

#### 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.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

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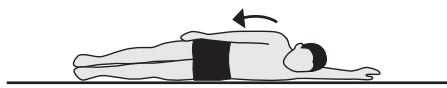
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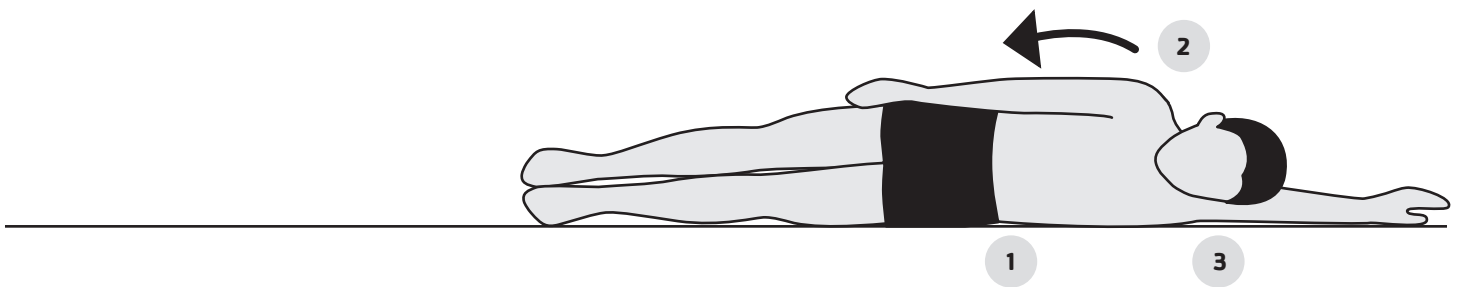
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**Helpful Tips**

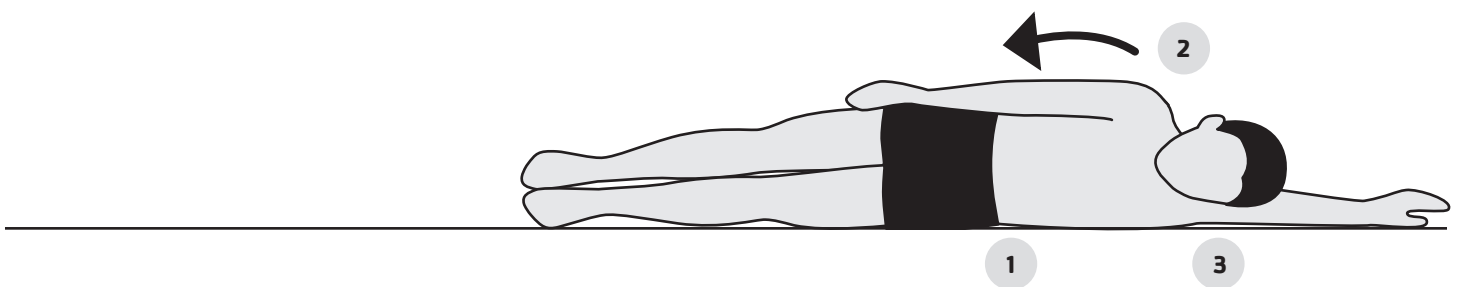
During the activity, pay attention to the following:

- 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?

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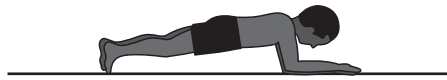
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#### 1 Position



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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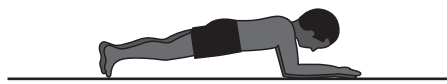
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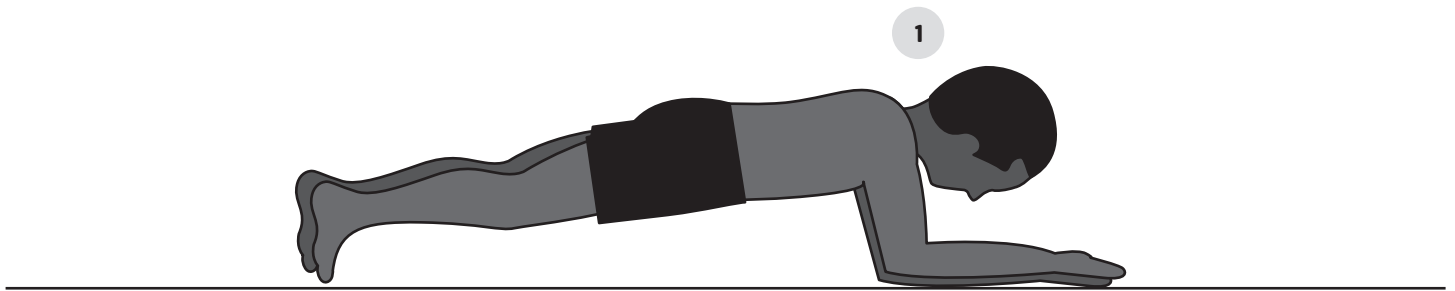
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**Helpful Tips**

During the activity, pay attention to the following:

- 1 Is body in a perfectly straight line from head to heels during the hold?

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