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

FRONT CRAWL / ARM MOVEMENT

Home Activities

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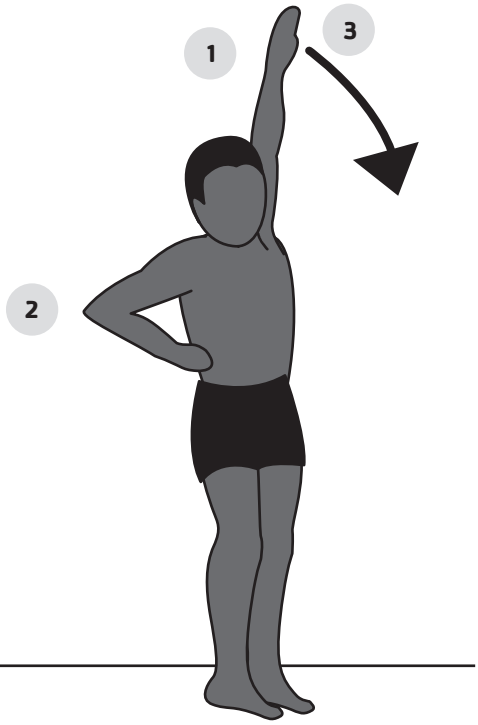
YMCA Swim Lessons

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?



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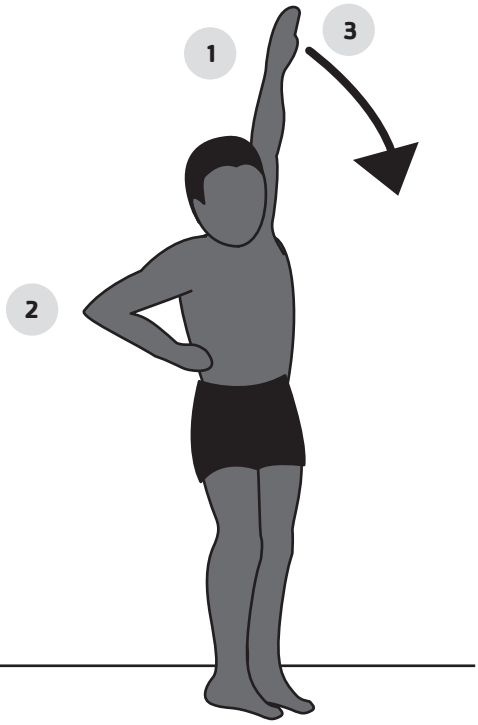
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