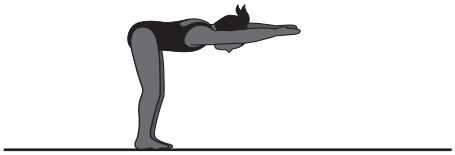
Developing Good Technique

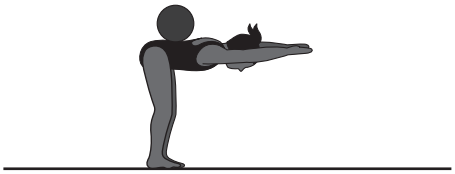
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

1 Position



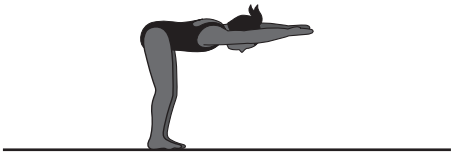
Grab a ball (soccer ball, playground ball, etc.). Bend forward at the hips so chest is parallel to the ground.

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.

FRONT CRAWL / BALANCE

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Do this activity two to three times throughout the course of the swim lessons session.

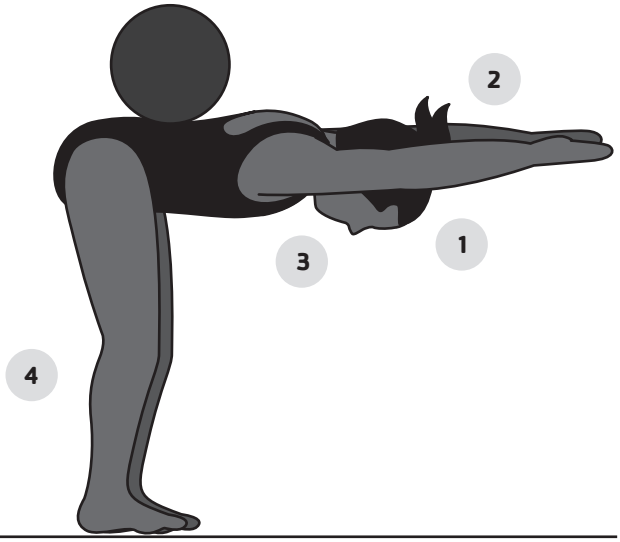
Home activities should be performed under adult supervision.

YMCA Swim Lessons

Helpful Tips

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?



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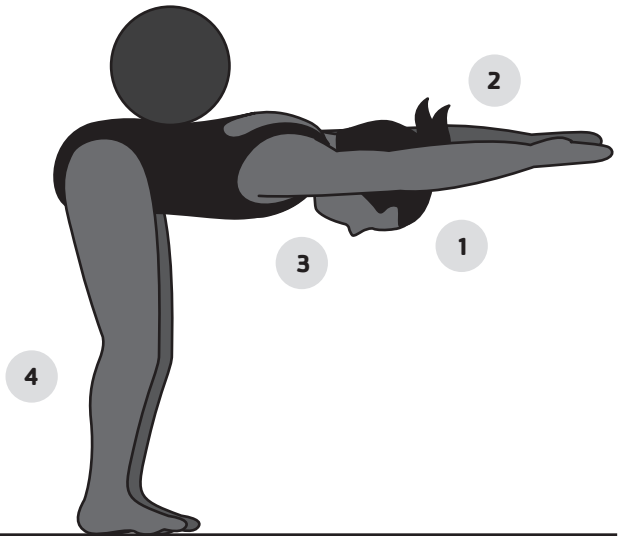
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