

### 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 Position



Lie on back in bathtub with straight arms and legs, head tilted slightly back, looking at ceiling.

#### 2 Float



Keeping the back flat and in the water, float for 10 seconds.

#### 3 Relax & Repeat



After 10 seconds, come out of the float position. 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.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

### BACK FLOAT / BODY POSITION

### Home Activities

### Helpful Tips

During the activity, pay attention to the following:

- 1 Are chest and tummy pointed up?
- 2 Are elbows straight?
- 3 Is head tilted slightly back, looking at ceiling?

