

### 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 back on floor with straight arms and legs. Extend arms in a glide position: hands together, elbows straight, biceps behind ears, and head slightly tilted back, looking at ceiling.

#### 2 Hold



Keeping the back on the floor, lift legs and arms a couple of inches off the ground and hold for 10 seconds.

#### 3 Relax & Repeat



After 10 seconds, let the arms and legs relax. 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 GLIDE / BODY POSITION

### Home Activities

### Helpful Tips

During the activity, pay attention to the following:

- 1 Are biceps behind ears?
- 2 Are elbows straight?
- 3 Is head slightly tilted back?
- 4 Are legs straight?

