

Developing Good Technique

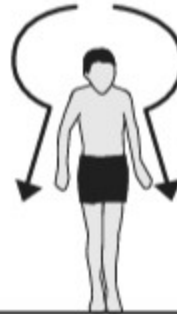
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

1 Position



Stand with arms straight overhead.

2 Arm Action



With hands, draw an outline of a large keyhole by pressing in at the chest, then pressing out toward the hips. Bring arms back overhead.

3 Repeat



Repeat 10 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

BUTTERFLY / ARM MOVEMENT

Helpful Tips

During the activity, pay attention to the following:

- 1 Do hands press in at the chest, palms facing each other?
- 2 Do hands press out toward the hips?

