

Developing Good Technique

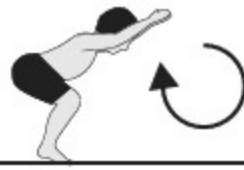
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

1 Position



On a soft surface (carpet or mat), stand tall with hands above head. Tuck chin to chest.

2 Somersault



Complete one somersault on the ground and then stand tall with arms reaching overhead.

3 Repeat



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

FLIP TURN / MOVEMENT

Home Activities

Helpful Tips

During the activity, pay attention to the following:

- 1 Is chin tucked?
- 2 Is the movement smooth?

