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 feet shoulder width apart, arms hanging at your sides.

2 Squat & Jump
Squat down until knees are bent about 90 degrees. Immediately swing your arms overhead and jump upward as high as you can.

3 Repeat
Rest for a few seconds, then repeat three times. Do this activity two to three times throughout the course of the swim lessons session.

Helpful Tips
During the activity, pay attention to the following:

1. Are the feet shoulder width apart?
2. Do the knees bend about 90 degrees?