

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.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

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?

