

Developing Good Technique

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

1 Position



Practice front float in the bathtub. Lie on stomach with straight arms and legs.

2 Float



Submerge face, relax body, and float for a few seconds. If hesitant to submerge face, submerge chin or blow bubbles.

3 Relax & Repeat



Move into a sitting position. 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

Helpful Tips

During the activity, pay attention to the following:

- 1 Is the body relaxed?
- 2 Are elbows straight?
- 3 Is chin tucked?

