

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



Lie facedown with head resting on forearms.

2 Hold Plank



Push up onto toes, making a straight line from head to heels. Keep elbows directly underneath shoulders and stomach tight against spine. Hold for 10 seconds.

3 Relax & Repeat



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 body in a perfectly straight line from head to heels during the hold?

