

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 on the floor on your side with arms and legs straight. Extend one arm in a glide position.

2 Kick Legs



Practice sidestroke kick by moving the top leg forward, the back leg backward, and snap both legs back to center.

3 Repeat



Do 10 kicks, rest, and 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 Do legs come together at the end of the kick?
- 2 Do feet point as they come together?

