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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

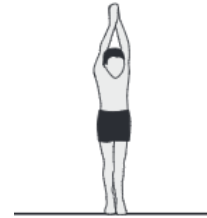
Missing swim lessons?

Here are some activities you can do at home with your child to help them retain their skills and master new ones. These activities will help your child improve their form and build stamina, making it easier to perform the skills in the water when the pool reopens!

For Advanced Swimmers: Butterfly Arms

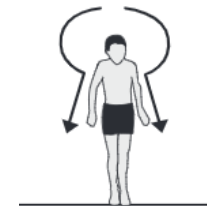
1. Position

Start with arms straight overhead.



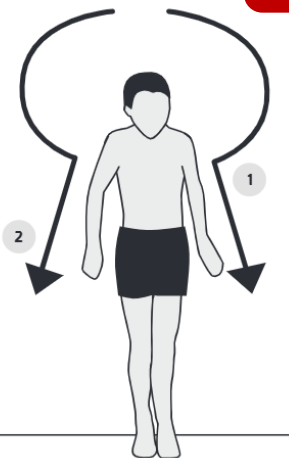
2. Arm Action

With hands, draw an outline of a large keyhole by pressing in at the chest, then pressing out toward the hips. Bring arms back overhead.



3. Repeat

Repeat 10 times.



Helpful tips for Parents—during the activity look for the following:

1. Do hands press in at the chest, palms facing each other?
2. Do hands press out toward the hips?

Home activities should be performed under adult supervision.

~The swim instructors at
the YMCA of Ithaca and
Tompkins County