



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: Endurance

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.

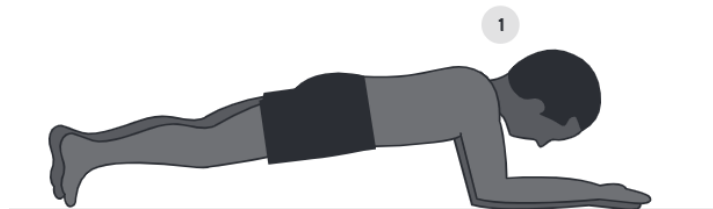
3. Relax & Repeat



Rest for a few seconds, then repeat the plank. Work up to holding the plank

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

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



Home activities should be performed under adult supervision.

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