



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: Flip Turn

1. Position

On a soft surface (carpet or mat), stand tall with hands above head. Tuck chin to chest.



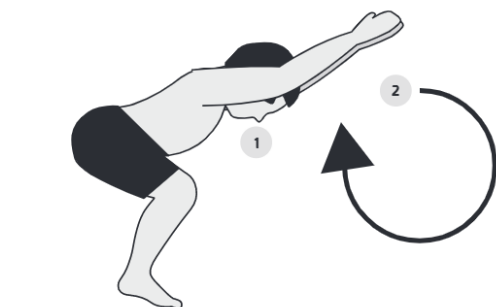
2. Somersault

Complete one somersault on the ground then stand tall with arms reaching overhead.



3. Repeat

Repeat three times.



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

1. Is chin tucked?
2. Is the movement smooth?

Home activities should be performed under adult supervision.

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