



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: Sidestroke Legs (Scissor Kick)

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.

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

1. Do legs come together at the end of the kick?
2. Do feet point as they come together?



Home activities should be performed under adult supervision.

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