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FOR HEALTHY LIVING  
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# 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 beginners: Back Glide

### 1. Position



Lie on back on floor with straight arms and legs. Extend arms in a glide position: hands together, elbows straight, biceps behind ears, and head tilted slightly back, looking at ceiling.

### 2. Hold



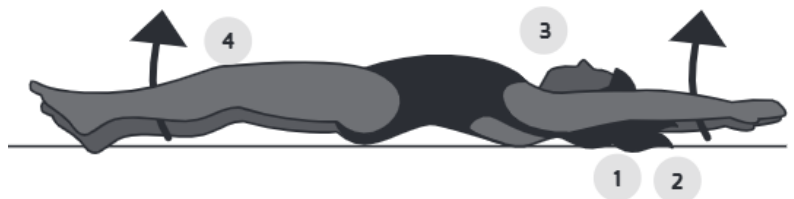
Keeping the back on the floor, lift legs and arms a couple of inches off the ground and hold for 10 seconds.

### 3. Relax & Repeat

After ten seconds, let the arms and legs relax, Rest for a few seconds, and repeat.

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

1. Are biceps behind ears?
2. Are elbows straight?
3. Is head tilted slightly back?
4. Are legs straight?



Home activities should be performed under adult supervision.

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