



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 beginners: Front Float

1. Position

Practice front float in the bathtub. Lie on stomach with straight arms and legs.

2. Float

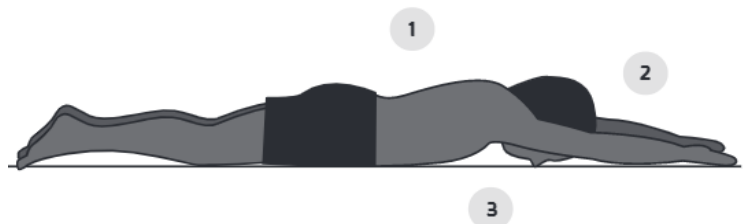
Submerge face, relax body, and float for a few seconds. If your child is hesitant to submerge his/her face, submerge just the chin or blow bubbles.

3. Relax & Repeat

Move into a sitting position. Rest for a few seconds, then repeat the front float.

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

1. Is the body relaxed?
2. Are elbows straight?
3. Is chin tucked?



4. Challenge!

Once your child has is comfortable floating, encourage your child to roll from a front float to a back float. This rolling action is one of the benchmark safety skills that Y swim instructors teach and may save your child's life if he or she falls in the water unexpectedly!

Home activities should be performed under adult supervision.

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