



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: Back Float

1. Position

Have your child lie on his/her back in the bathtub with straight arms and legs, head tilted slightly back, looking at ceiling.

2. Float

Keeping the back flat in in the water, float for 10 seconds.

3. Relax & Repeat

After 10 seconds, come out of the float position. Rest for a few seconds, then repeat. Practice every bath time!

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

1. Are the chest and tummy pointed up?
2. Are elbows straight?
3. Is head tilted slightly back, looking at ceiling?



Home activities should be performed under adult supervision.

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