



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 Glide

1. Position



Lie on stomach on the floor with straight arms and legs. Extend arms in a glide position: hands together, elbows straight, biceps behind the ears, and head down.

2. Hold



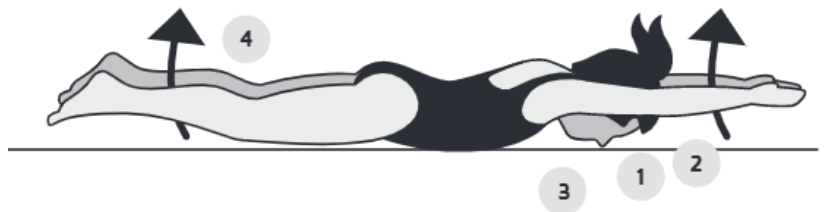
Keeping the torso on the ground, lift arms and legs a couple of inches off the ground and hold for five to ten seconds.

3. Relax & Repeat

After five to 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 down?
4. Are legs straight?



Home activities should be performed under adult supervision.

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