



**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: Submersion

1. Blow at Surface

Practice blowing bubbles in the bathtub. Start by blowing at the surface of the water—it helps to have a toy for your child to blow across the surface.

2. Submerge Face

Blow bubbles with lips and nose in the water. Encourage your child to hum so that air flows naturally through their mouth and nose.

3. Repeat

Work up to putting the whole face underwater while blowing bubbles and keeping eyes open. Practice during every bath!

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

1. Do the bubbles last longer than three seconds?
2. Is there any accidental inhalation of water?
3. Are eyes open underwater?
4. Is air coming out of nose and mouth?

Home activities should be performed under adult supervision.

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