



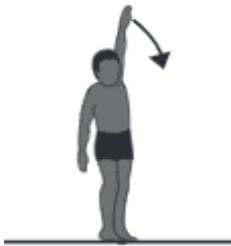
**FOR YOUTH DEVELOPMENT®
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Missing swim lessons?

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 Intermediate Swimmers: Front Crawl Arms

1. Position



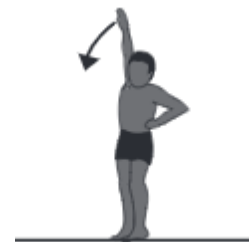
In a standing position, look straight ahead, not up or down, and extend one arm above the head. Next, begin moving that arm toward the floor as you move the other arm toward the head.

2. Zip Side with Arms



Pretend there is a zipper along the side of the body. When the hand that is moving toward the floor gets to the thigh, use it to “zip up” the side, keeping in contact with the body at all times, as the other arm begins to move toward the floor.

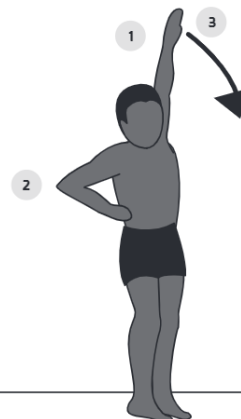
3. Alternate



Continue the arm motions for 10 cycles, rest, and repeat.

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

1. Do arms alternate their action?
2. Are arms bent and high at elbow?
3. Do arms extend above the head, ending with no bent elbow?



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

Home activities should be performed under adult supervision.