



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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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 Breathing

1. Position



Lie on stomach on floor in a front-glide position: arms together above head, elbows straight, biceps behind ears, and chin tucked.

2. Roll to Side & Kick



Roll onto left side of body, swinging right arm down against the right side while rolling. Hold on side for three seconds while doing a flutter kick. Roll back to stomach, returning arm overhead.

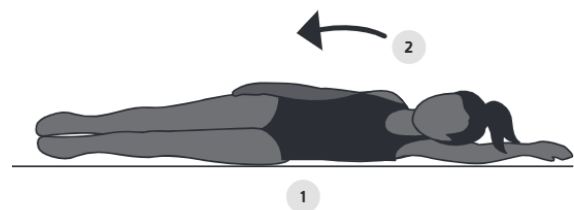
3. Relax & Repeat



Rest for a few seconds, then repeat on left side. Repeat several times on each side.

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

1. When in side-glide position, is the body balanced?
2. Does arm swing down along the side of the body?



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