



**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 Intermediate Swimmers: Front Crawl Legs

1. Position



Lie on floor in a front-glide position with arms and legs hovering a couple of inches off the ground. Keep head down and biceps behind ears.

2. Kick Leg



From the hip, lift one leg up without bending the knee. Keep feet pointed but slightly relaxed.

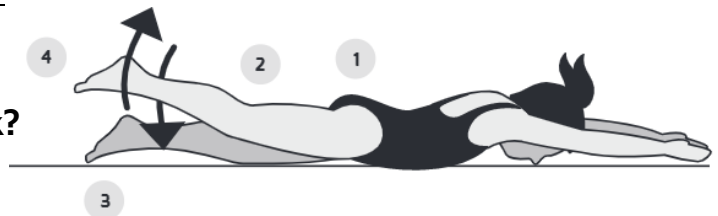
3. Alternate



Kick the second leg up as you bring the first leg down. Both legs should make the same movement. Continue to alternate legs for 30 seconds.

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

1. Does the kick come from the hips?
2. Is the leg straight during the upward kick?
3. Are feet pointed but slightly relaxed?
4. Do legs make the same movement?



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

Home activities should be performed under adult supervision.