

Developing Good Technique

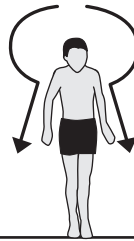
Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land, it becomes easier to perform in the water.

1 Position



Stand with arms straight overhead.

2 Arm Action



With hands, draw an outline of a large keyhole by pressing in at the chest, then pressing out toward the hips. Bring arms back overhead.

3 Repeat



Repeat 10 times. Do this activity two to three times throughout the course of the swim lessons session.

Home activities should be performed under adult supervision.

YMCA Swim Lessons

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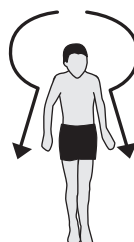
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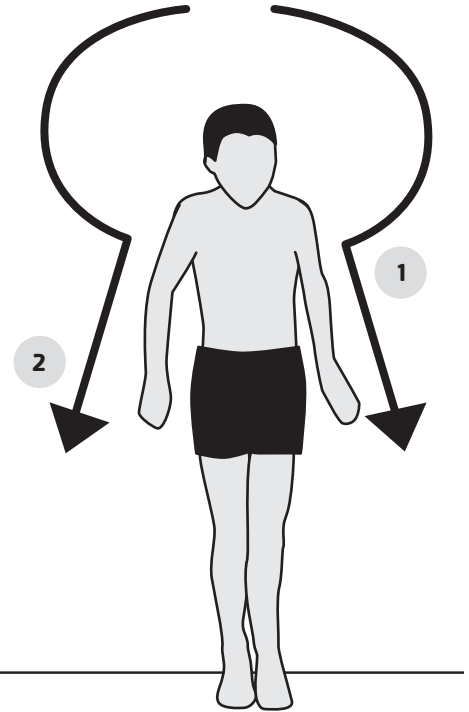
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Helpful Tips

During the activity, pay attention to the following:

- 1 Do hands press in at the chest, palms facing each other?
- 2 Do hands press out toward the hips?

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