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 feet shoulder width apart, arms hanging at your sides.

2 Squat & Jump

Squat down until knees are bent about 90 degrees. Immediately swing your arms overhead and jump upward as high as you can.

3 Repeat

Rest for a few seconds, then repeat three times. Do this activity two to three times throughout the course of the swim lessons session.

Home activities should be performed under adult supervision.

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Helpful Tips

During the activity, pay attention to the following:

1. Are the feet shoulder width apart?
2. Do the knees bend about 90 degrees?