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
On a soft surface (carpet or mat), stand tall with hands above head. Tuck chin to chest.

2 Somersault
Complete one somersault on the ground and then stand tall with arms reaching overhead.

3 Repeat
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.
Helpful Tips

During the activity, pay attention to the following:

1. Is chin tucked?
2. Is the movement smooth?