

**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**

**BUTTERFLY / ARM MOVEMENT**

**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?

