



We hope you all are staying safe and healthy and we want to share with you all a few things that you can work on at home to keep your swimming abilities top notch! Please see the below notes based on your ability along with a picture.

### **Beginning Swimmers (Not swimming independently, i.e. Mommy, Daddy and Me participants)**

- In the tub work on keeping your head back in the floating position and slowly kicking your feet up and down for a flutter kick.
- When keeping your head back make sure to keep your chest pointed up towards the sky and chin back, this will help keep your bottom up!
- For babies this works best if mom or dad are behind them holding their head and chin up, this will lift their chest. Make it fun and engaging! I always sing the ABC's or Twinkle Twinkle little star to my son when we work on floating in the tub!



### **Intermediate Swimmers (Can swim somewhat independently i.e. Preschool Swim participants)**

- Help your swimmer stay comfortable with different body positions and reinforcing correct arm and leg movements.
- When on their stomach you want to help them keep their legs and arms straight.



- You can also work on a tight streamline position while on their back, to do this make sure their hands are on top of each other and arms are snug against their ears.



### **Advanced Swimmers**

- For advanced swimmers its more difficult to practice without a pool, so what you can do to keep up your body strength while a pool is unavailable is maintain your core body strength.
- Some common exercises to help with this are sit ups, squats and planks.
- Try doing 3 sets of 5 to 10 depending on your age and ability!

