



SWIMMING AT HOME

In order to float on their front, a swimmer should be comfortable with putting their face in the water and holding their breath for at least three seconds. Here are a few activities to encourage front float:



Rocket

While lying on their stomach, ask swimmer to pretend they are a rocket; arms stretched overhead and legs long. For beginners, hold onto the side of the bathtub while extending arms, keeping elbows straight.

Target Float

Place a sinking toy on the bottom of the bathtub. As the swimmer floats, ask them to keep their head down and look at the object at the bottom.

How Many Seconds?

Ask swimmer how many seconds they can stay in the front float position. Count for them as they go from holding the position for one second, two seconds, three seconds, etc. See how long swimmer can hold the position. They should not go for more than ten seconds without a breath.