Swimming –

- **Skill 1 – Butterfly**
- **Drill 1 – Loosen the Hips!**
  - Stand up and put your arms over your head
  - Keep your head and shoulders above your toes and try not to move them while you move your hips forward and back.
  - You might need to bend your legs a little. You should relax the muscles around your stomach. Relax, so you are more flexible
  - Try this skill. Go slowly until you get the hang of it, and then you can speed up
  - Try this exercise for 40 seconds
  - Make sure your head is staying still and only your hips are going back and forth.
- **Drill 2 – Strengthen your Arms**
  - Stand facing the wall with your toes pointed to the wall
  - Put your hands on the wall, keeping your body straight
  - Lean into the wall and push back to the straight position
  - Try this exercise for 30 seconds
  - To make it harder; move your hands up higher, by the top of your head and do the pushups.
- **Skill 2 – Backstroke**
- **Drill 1 – Arm stroke**
  - Stand up and put your arms over your head
  - Rotate your right shoulder and twist your wrist so you pinky leads your arm into the water
  - As your right arm passes your leg, your left shoulder rotates and your hand twists so your pinky finger enters the water
  - Alternate between the right arm and the left arm for thirty seconds.
  - Remember to keep your arms straight. No turning left and right!

**Equipment Needed:**
- Towel
- Wall
- Chair
Swimming Continued

- **Skill 3 – Breast Stroke**
  - **Drill 1 – Working the kick – strengthening the ankles**
    - Sit on the edge of a chair; put your feet straight in front of you.
    - You may lean back on your hands
    - Using your right foot, bend at the ankle to spell out the letters of the alphabet (A, B, C, D ETC.) This is just like using your pointer finger to write the letters in the air.
    - After you complete the alphabet with your right foot, do the same with your left foot.

- **Skill 4 – Freestyle**
  - **Drill 1**
    - Lie flat on your beach towel – face down
    - Put your arms above your head, shoulder width and lay them straight
    - Lift your left leg and right arm off the towel about 8 inches and hold for 5 seconds
    - Lift your right leg and left arm off the towel about 8 inches and hold for 5 seconds
    - Alternate left, right, until each side had gone 5 times
  - **Drill 2**
    - Lie flat on your beach towel – face down
    - Put your arms above your head, shoulder width and lay them straight
    - Lift your left arm and your right leg – Hold for a second
    - As you put your leg and arm down – left your right arm and left
    - Continue switching sides for 1 minute