

## DIVING INTO A POOL

Let me start by saying that diving into a pool can be a lot of fun, but you need a deep pool to be able to dive into it safely. Many pools are only around five feet deep and will have signs up saying that diving is not allowed.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Do ten standing dives.

Now I have that off my chest, let's learn something about diving, shall we?

1. Unlike jumping into the pool, diving allows you to efficiently enter the water and swim, so you can be off to a flying start ... it also looks way cool.
2. The first thing to enter the water will be the tips of your fingers as you stretch out your arms. Your ultimate goal is to be totally straight, hands down, entering the water kinda like Superman
3. To get you eased into this, start by doing a sitting dive. Do this by sitting on the side of the pool, stretch your arms out, fall forward, and as you fall, push off from the pool side with your feet.
4. Once this is mastered, move on to kneeling on the side of the pool. Kneel with one knee, but have the other leg bent with your toes curled over the pool edge. Still keep your arms straight, fall forward, and push off with your feet.
5. When you are comfortable with a kneeling dive, start to stand up, you can crouch to begin with. Soon you'll be standing straight and tall, and launching like a superhero yourself. Make sure you push off the side, arms straight, and tuck that chin in.

