

DOGGY PADDLE

So I may be a raccoon, but I can doggy paddle as well as a poodle. And I bet you can too.

This is like the first swimming style we learn. It's the easiest. I think that's because you don't have to put your head underwater.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Swim from one side of the pool to the other without a floating device.

LEVEL B

PERIOD 4

TASK 3

So here are my tips for how you can do it:

1. Start by lying forward a little in the pool.
2. Next, you'll want to start using your hands like little scoops and keep pressing the water downwards. This sort of helps keep your head up.
3. While you are doing that, you kick your legs, kinda in the same way that you do with your feet.
4. To get started, you might want to try using water wings (floaties), a noodle, or some other floating device.
5. Another thing I find is the higher I try to keep my head out of the water, the harder it is. The closer the water is to my mouth and nose, the easier it is.

I bet your parents and family have some neat tricks that can help you too.

