

LEARN THE FRONT CRAWL

The front crawl is the most efficient way of swimming.

It is a little tough to get used to, but if you have mastered putting your head underwater, kicking your legs with a floating pad or noodle, and the doggie paddle, you are pretty close.

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EARN THIS NUGGET

Swim one width of the swimming pool with a front crawl.

Now, here is the thing about the front crawl, when you do the doggie paddle, you are sort of in a sitting position; but with the front crawl, you are lying flat just under the surface of the water. So, to practice and get used to the moves we are going to start off on lying on the ground, not in the pool.

1. Lie on your tummy.
2. Practice kicking those legs up and down; careful you don't hurt your feet. Do this on the grass, on the carpet, or even on the bed.
3. Now put your left hand down by your side, and reach forward with your right hand as though you are trying to grab something.
4. Next, move your right hand down to your side while at the same time move your left hand forward, as though you are trying to grab something with that hand. Keep this going, reaching with one hand, then the other.
5. Finally, we just need to figure out breathing. Remember, you'll be swimming just below the surface, so every few strokes, you'll want to lift your head out of the water (turn your head) and breath. You can then breath out when your head is under the water again.

Practice this and then take what you have learned to the pool. It will take some getting used to, but I have every faith in you that you'll get this.

