

Making a Splash: Swimming Safely!

Dive into fun and stay safe in the pool with Finn the Dolphin!

- **Always listen to the lifeguard. They are there to keep everyone safe and happy in the water.**
- **Before you jump in, check the depth of the water. Only swim in the shallow end if you are still learning.**
- **Remember your swimming kit! A swimming hat and goggles help you see clearly and keep the water clean.**
- **Walking on the poolside is a must. Running makes the floor slippery and can cause accidents.**
- **Practise your strokes like front crawl or breaststroke to get faster and more confident in the water.**

Did you know? Did you know? Swimming is a brilliant full-body workout! Because water is denser than air, moving through it uses almost every muscle in your body, helping you grow strong and healthy.

Key vocabulary: buoyancy · stroke · goggles · lifeguard · hygiene · shallow