

Splash Into Swimming with Finn the Dolphin

Dive deep, stay safe, and make a splash!

- Always wait for the lifeguard to signal that it is safe to enter the pool before you step onto the poolside.
- Using a streamlined body position reduces drag in the water, allowing you to glide further with every stroke.
- The breaststroke is often called the 'frog kick' stroke because your legs move in a circular, pushing motion similar to a frog.
- Regular swimming helps improve your lung capacity and strengthens your heart, keeping your body fit and healthy.
- Remember to follow the 'pool rules'—no running on the tiles, as they become very slippery when wet.
- Breathing technique is just as important as your arm movements; practice exhaling into the water to keep your rhythm steady.

Did you know? Did you know? Swimming is a 'full-body' workout! Because water is about 800 times denser than air, moving through it provides natural resistance, which helps to build muscle strength and improve cardiovascular health without putting stress on your joints.

Key vocabulary: buoyancy · hydrodynamics · freestyle · breaststroke · backstroke · lifeguard · coordination