

USING A FLOATING KICK BOARD

Do you like getting in a swimming pool or does it scare you a little.

Well, we're going to work on the first big step of swimming. Like Jasper, I know a little about swimming.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Swim a length of the pool with a floaty support in your hands.

1. The hardest thing for me to learn was what to do with my legs, so all we are going to work on is the legs. What you will need is a floaty of some sort. Maybe it's a board or maybe it's a noodle. But something you can hold onto.

2. Next get used to kicking your feet up and down. I want you to work on getting your feet kicking close to the surface of the water, so you are almost lying on your tummy. What you'll notice as you kick your legs is you are also moving around the pool. When you kick more, you'll start to see that you can even steer yourself.



3. Finally, try putting the floaty out in front of you and holding it at arm's length like you are Superman flying. You'll be swimming in no time.