

# Beginning Swimming

1. Know how to dog paddle.
2. Know how to swim with your head underwater.
3. Be able to jump in and swim to the steps, ladder, or wall.
4. Know two water safety rules.
5. What would you do if someone was in trouble in the pool? Would you try to save them? Why would it be better to call a parent or adult to come and help?
6. What is the emergency number for an ambulance?

