Tori Houle, Lifestyle Contributor and Junior Editor

Tori has more than 2 years of experience in the pet health industry and is junior editor of IDEXX’s Pet Health Network team.

Labor Day weekend is usually packed with fun and exciting events, but for one actor it may have been more than he bargained for. Right after bringing home two new French Bulldog puppies, the pair made a beeline for the swimming pool. One dog easily picked up the doggy-paddle, but the other needed some assistance from his new dad, according to the professional wrestler’s Instagram account. That’s when Dwayne ‘The Rock’ Johnson leapt into action.

Time to sink or swim

The story came to light after Johnson took to Instagram and posted a photo of himself, fully clothed, with one pup in each hand explaining, “We just decided to add two new members to our Johnson family.”

The doggie paddle isn't for everyone

In an attempt to begin house-training, Johnson says, “I set them both down and they both take off in a full sprint and fall right into the deep end of our pool. Hobbs immediately starts doggy paddling while Brutus (like a brick) sinks head first to the bottom of the pool.” Here’s where our on-screen hero turns into a real-life hero.

The Rock to the rescue!

Johnson says he wasted no time in jumping into the pool, and that once Brutus was out, “He was a little delirious, took a moment, threw up all the water he swallowed.”

Lessons learned

Every new pet brings new lessons. Johnson explains he learned a few new things right away::

- “Not all puppies have the instinct to doggie paddle.”
- “Some puppies (like Brutus) will be so in shock by experiencing water they will sink extremely fast so react quick."

The Rock is right. Not all dogs are able to swim. In fact, some dogs hate the water! Dogs should always be supervised around water, learn more here.

Johnson may have lost his phone when he rescued Brutus, but phones are replaceable. Kudos to you, Dwayne Johnson, for saving your pup’s life like a true pet parent would! Luckily, Brutus is safe and sound but he might share a new nickname with his dad – The Rock.

Before bringing your pup around water, check out these helpful tips that could save a life!

If you have any questions or concerns, you should always visit or call your veterinarian -- they are your best resource to ensure the health and well-being of your pets.