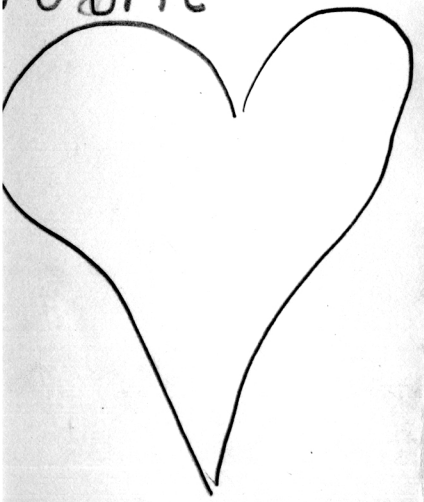
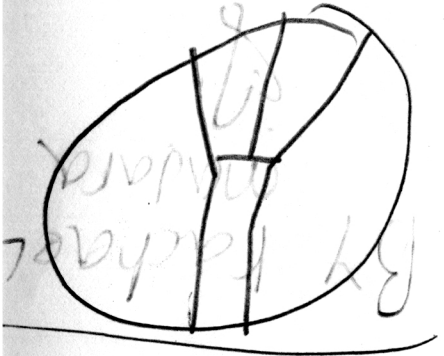


art
mobile



You have
to love
swimming



How TO Swim

If you do
swim team
you will always
have to tread water
you have to
kick your legs
and kick up
How to tread!

If you go under
water try to
blow bubbles out
of your nose.
it will help
you breathe
for me I would
wear goggles it
helps you see more
how to go ^{under} water
breathe under
water!

make
sure you
have fun
all the time
in the pool

have fun

if you jump
in the pool
you have to
not go head
first or you
have a ingrown
pool you can go
head first

How to jump
safe + jumping
into the pool

if you lay on
your back and
stroke your
arms backs
you can do
back stroke

How to do
back stroke