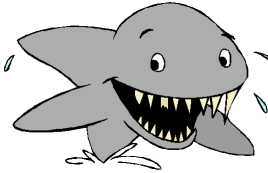


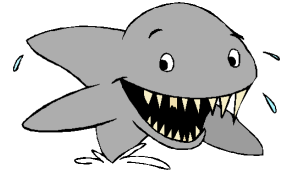


## **GRACE LEARN-TO-SWIM**

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## **SHARKS (PRE SQUAD)**



- Safe entry
- Freestyle kicking
- Freestyle and Bilateral breathing
- Backstroke kicking
- Backstroke
- Dolphin kicking
- Butterfly (introduction to arms)
- Breaststroke kicking
- Breaststroke
- Tumble turn
- Game
- Introduction to tumble turns