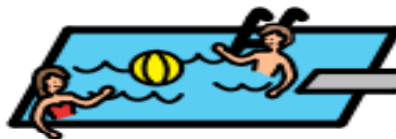




A SWIMMING ROUTINE



Things to bring to the pool:

1. Swimsuit
2. Towel
3. Hair brush
4. Shampoo
5. Tote bag



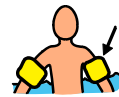
Ways To Get There:

1. Car
2. Bus
3. Walk
4. Cycle



How To Get Ready:

1. Put on swim suit
 2. Put belongings in a locker
 3. Take a shower
- Optional: 1. get water wings
2. get kickboard





How To Stay Safe:

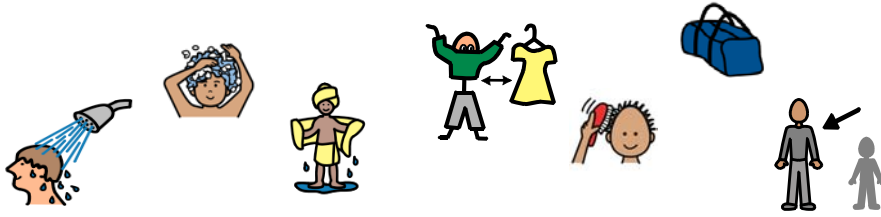
1. Walk



Things To Do In The Water.

1. Face in water
 2. Blow bubbles
 3. Swim
 4. Find rings
- Optional: go in hot tub (to warm up)





Things To Do When Swimming is Over:

1. Take a shower
2. Wash and rinse hair
3. Towel dry
4. Put on regular clothes
5. Rinse out swim suit
6. Brush hair
7. Put belongings back in tote bag
8. Wait for adult