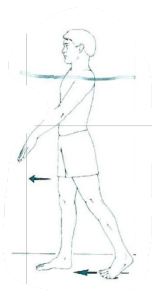


Pool Routine

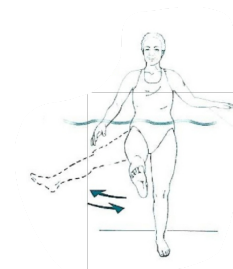
Level One



Forward Walk

Step forward with one leg.
Strike pool bottom with heel.
Rolling over your foot, bring the other leg forward.

Duration: 2-3 minutes

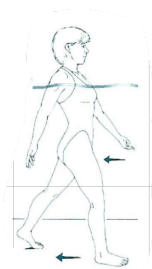


Semi Circles

Lift leg forward and circle to the side

Repeat: 10 times each side

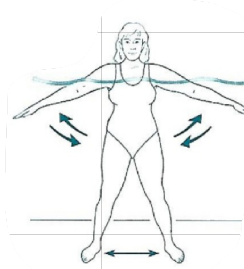
Perform: 3 times



Backward Walk

Step backward with one leg.
Strike pool bottom with front of foot.
Rolling back onto your foot, bring the other leg backward.

Duration: 2-3 minutes



Jumping Jacks

Jump, moving both legs apart, while lifting arms out from sides.

Jump again, bringing legs together and arms back to start.

Repeat 10 times

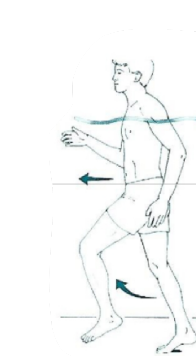
Perfor:m: 3 times



March

Lift your knees toward your chest at a 90 degree bend, then lower the leg as the knee is straightened.

Duration: 2-3 minutes



Jog/Run

Jog, lifting feet a few inches off the pool bottom.

Run by lifting your feet higher.

Duration: 30 seconds

Repeat: 3 times