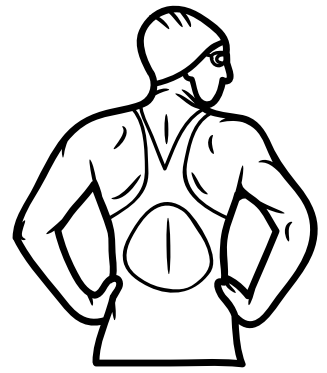


# Swim Practice!



C H F B V H T S L P D R E E S T Y E A B T  
X L S K N D I V E Y R F M P J W U C I K L  
B R E A T Q D G M Z O J N G R P F Q G U F  
P C B M D E K L S T H G R D C O A M V T J  
K A U W N H B Y J N I K Z B X Z S P O B V  
S Q T K C S T R O A B R I H F D Y H I N G  
O F T N H D W L M U L J M C R T J B C E P  
T G E S I K G X D S N P X W K E L N T M R  
D L R K J C L H Z R U Y K B F P H O G I A  
V N F R E E S T Y L E T F M J Q C L B G S  
H T L J F N L Z J X I S Q P E S T R O K E  
R C Y A B R F D M K Y H G K C W N D S M B  
U O V N G P X J H W P D J V Q H E B G C W  
F B M K I C G R L A T M K R O C Y R F N S  
C Z T S B D A U J R D O A C L R H E C G M  
P O W L Q K S V E M S R N H M I V A Z X K  
T J A Y P A B F T U D B F O G N C T U L R  
Z D F C X N H W S P T I A P V U R H D O L  
M N P J H Y M E F K G H C B S C G I T Q E  
K J B D M J U N R H L X G O N H W N B I M  
Q U T T E R F L T G B T R S A L D G S J F



warm up      freestyle  
stroke        coach  
kick          breathing  
butterfly    dive

