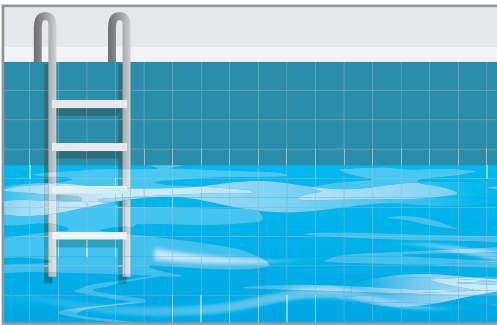


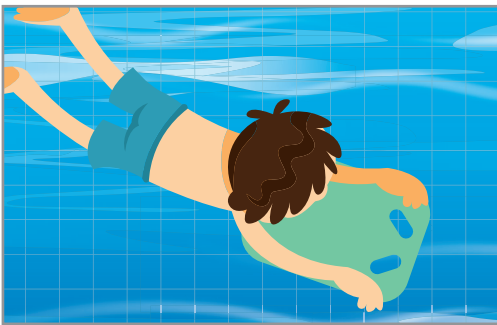
# Aula de natação



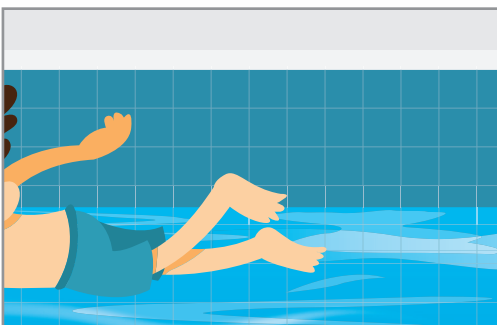
**1. Colocar a roupa**



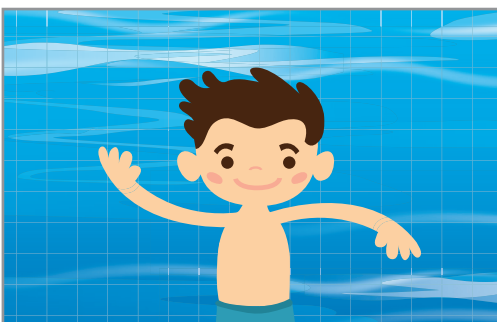
**2. Entrar na piscina pela escada**



**3. Usar a prancha**



**4. Bater as pernas**



**5. Nadar de costas**