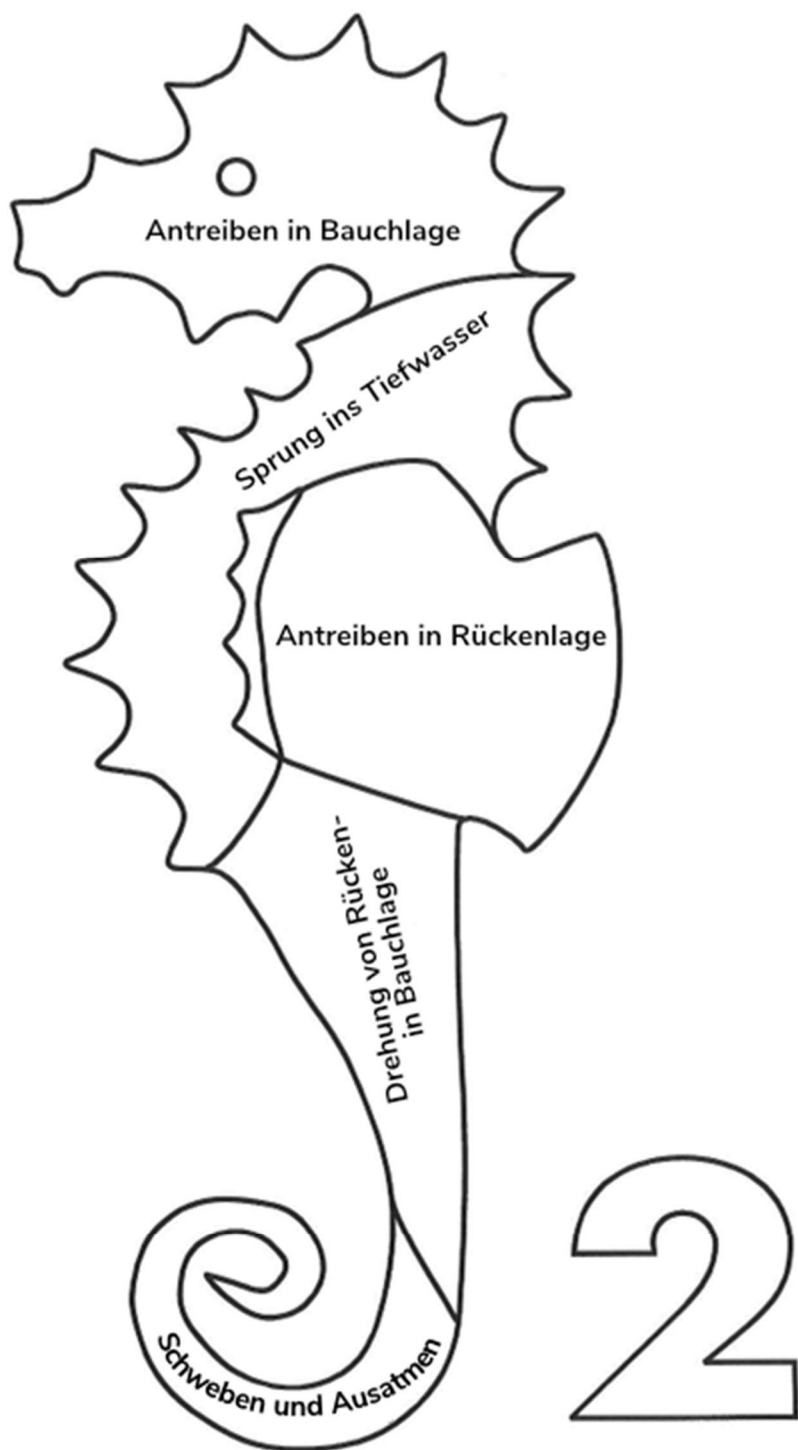
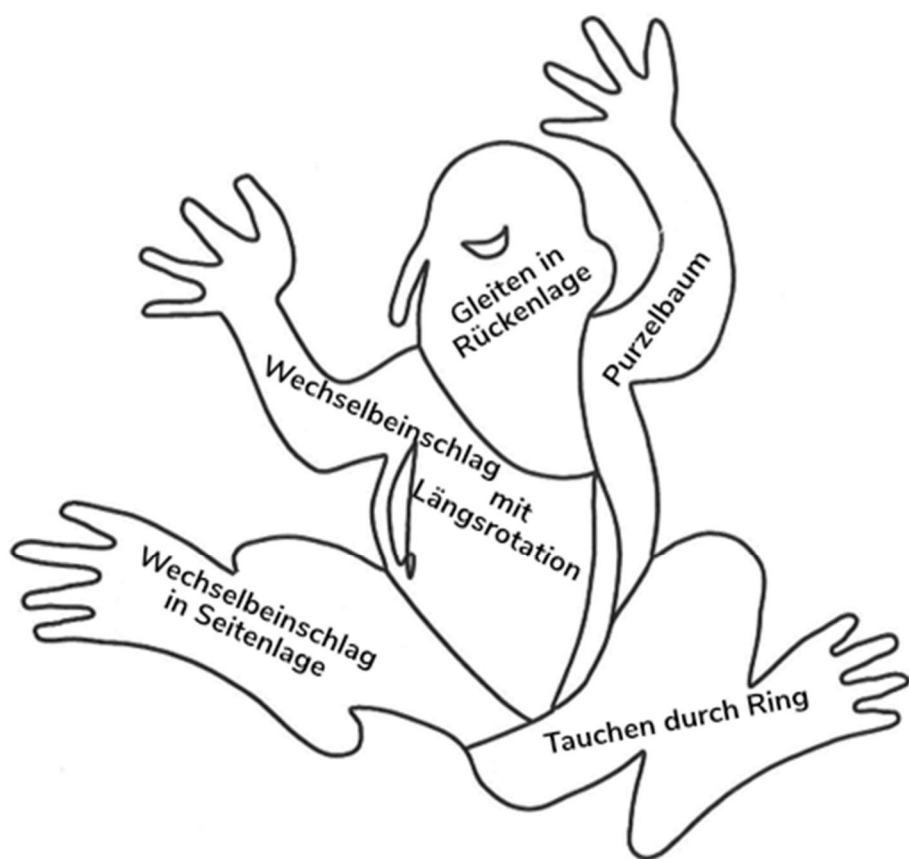
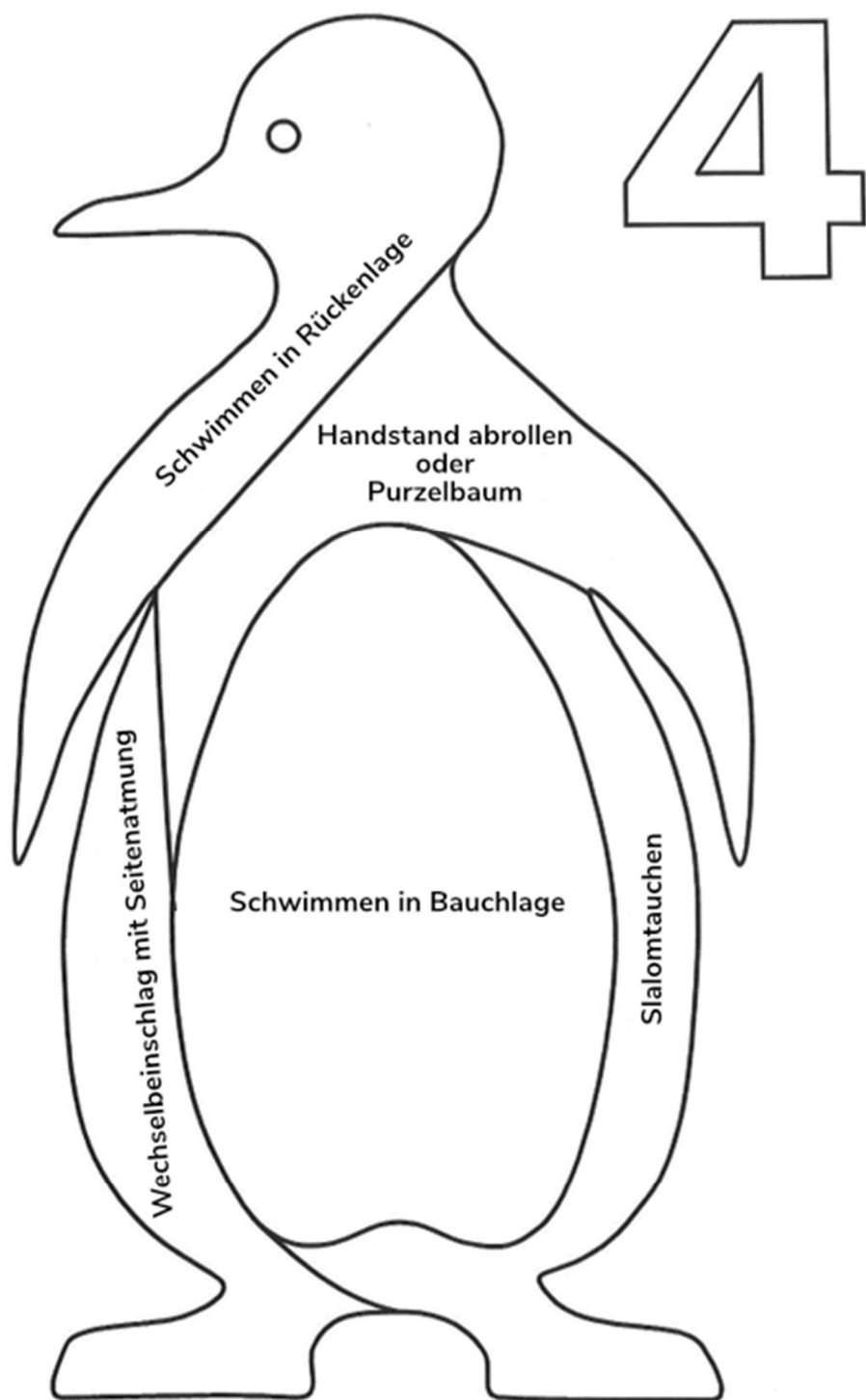


1





3



Schwimmen in Rückenlage

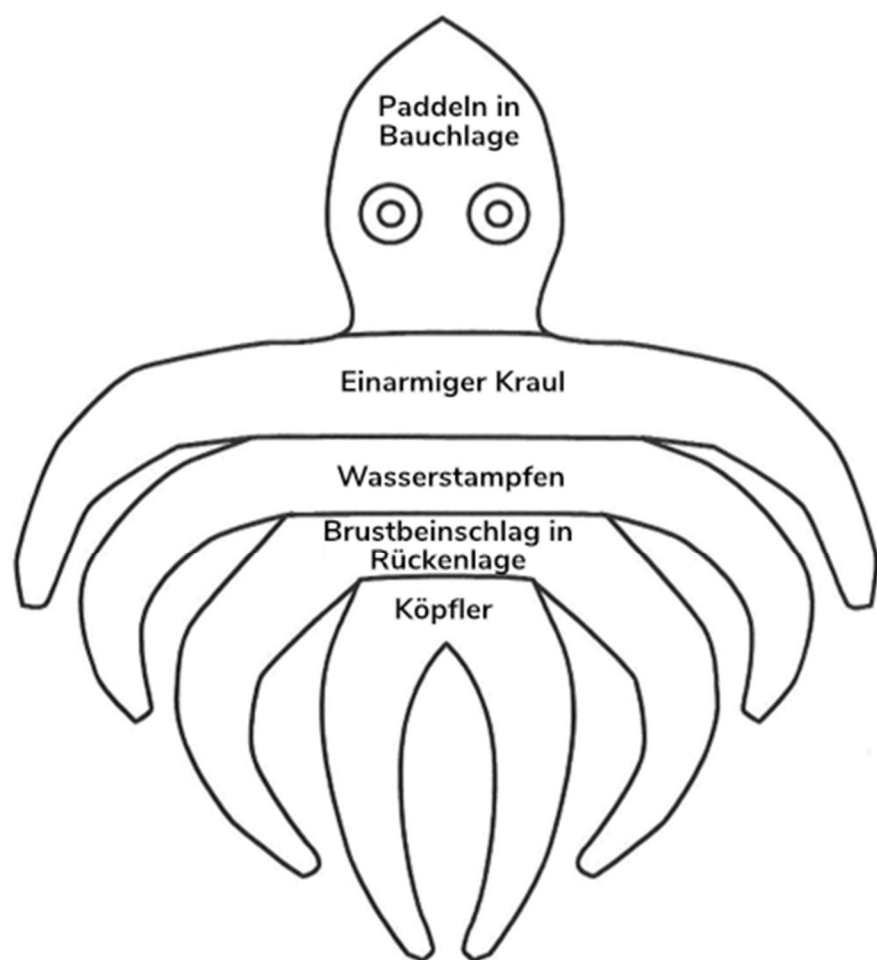
Handstand abrollen
oder
Purzelbaum

Wechselbeinschlag mit
Seitenatmung

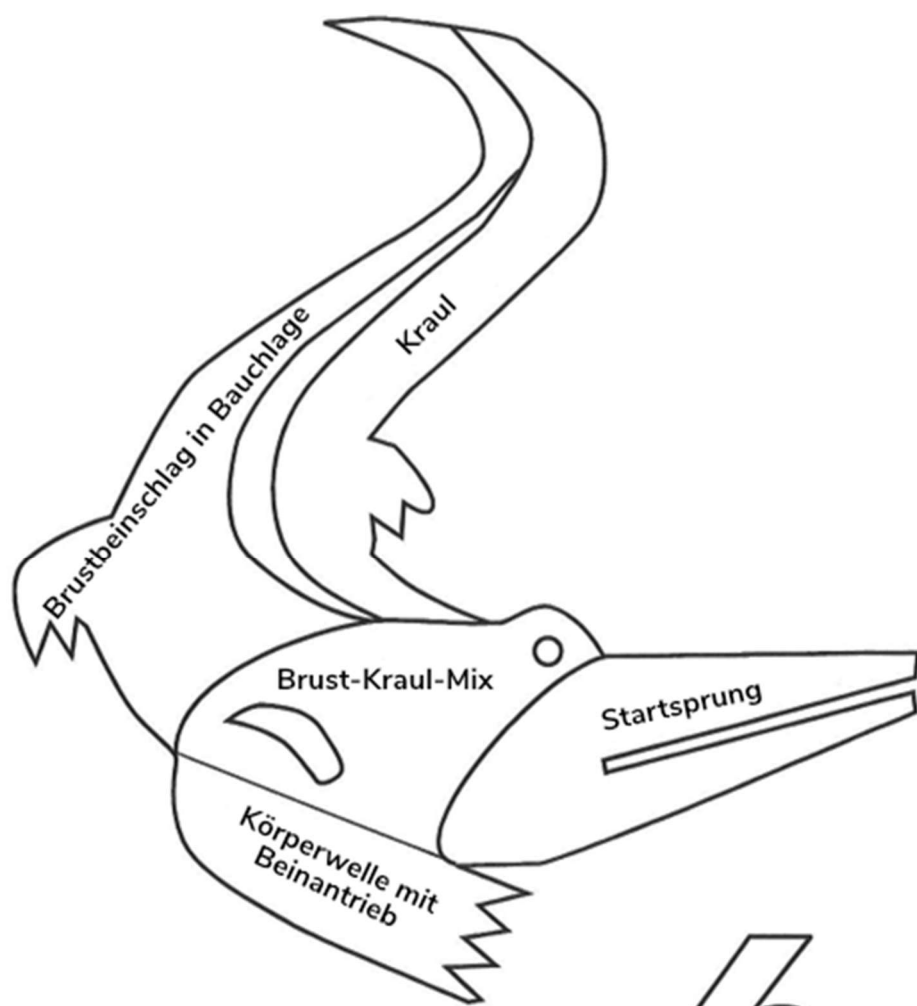
Schwimmen in Bauchlage

Slalomtauchen

4



5



6

