COLOR YOUR WAY THROUGH A NAUTICAL ADVENTURE

From your friends at YWCA Aquatics

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Our journey begins not far from shore
Where waves roar

and seagulls soar
Before we embark, let’s go over a few rules we should always follow around the pool.
Always keep your listening ears on
Never go swimming without permission
Never swim alone
Don't roughhouse, run, or push
Don't dive in shallow pool water
or into lakes or rivers
Follow lifeguards' directions
Take a break when you feel tired
Never walk with flippers on
Fantastic!

Now we’re ready to go swimming. Let's start by sitting safely on the side of the pool.
Great listening!
Now climb in safely on your belly
Point your toes and
Kick! Kick! Kick!
Don’t forget to blow your bubbles

Can you draw the fishes bubbles?
Are you ready for an adventure?
The water is full of wonderful animals

Let's go meet them
Can you find our first friend?

Hint: It has eight arms
Fun Fact:
Octopuses are one of the most intelligent marine animals and can even use tools!
Keep kicking through the waves

The waves are getting big, can you swim around them?

Start

Finish
Remember to always watch where you're swimming

Or you might run into ...
A pod of Dolphins!

Can you count to 110?
Let's lift our heads and get some air.
Remember to breath on your side.
Woah!
Look it’s a deserted island
Let’s go check it out!
A message in a bottle?
I wonder what's inside
It’s a treasure map!

X marks the spot

You are here
Great!
We reached the X

Now scoop your hands to dig up the treasure
There's the chest!
The key must be around

Can you find it?
Hint: It’s in a crabs claws
Good Work!

Let's see what's inside
The best treasure out there is learning how to swim. You can go on many more adventures of your own. Plus it can save your life one day.
FIN.