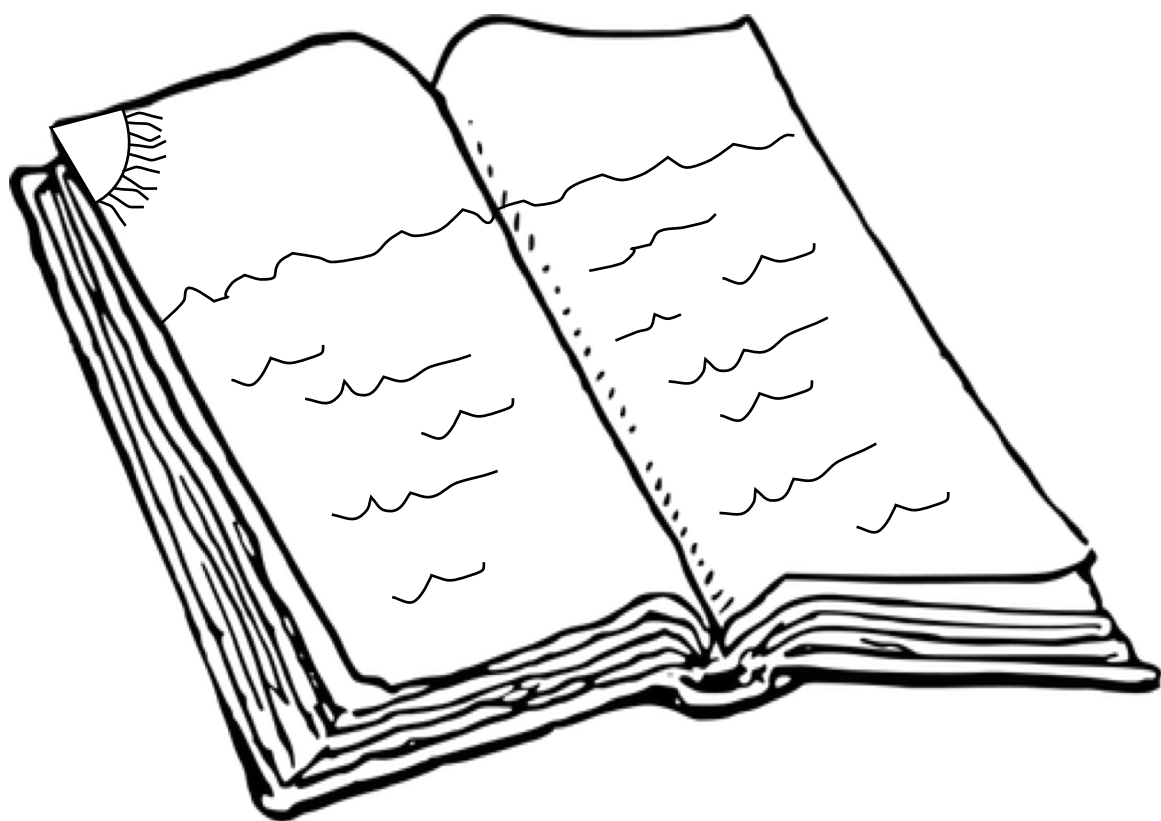
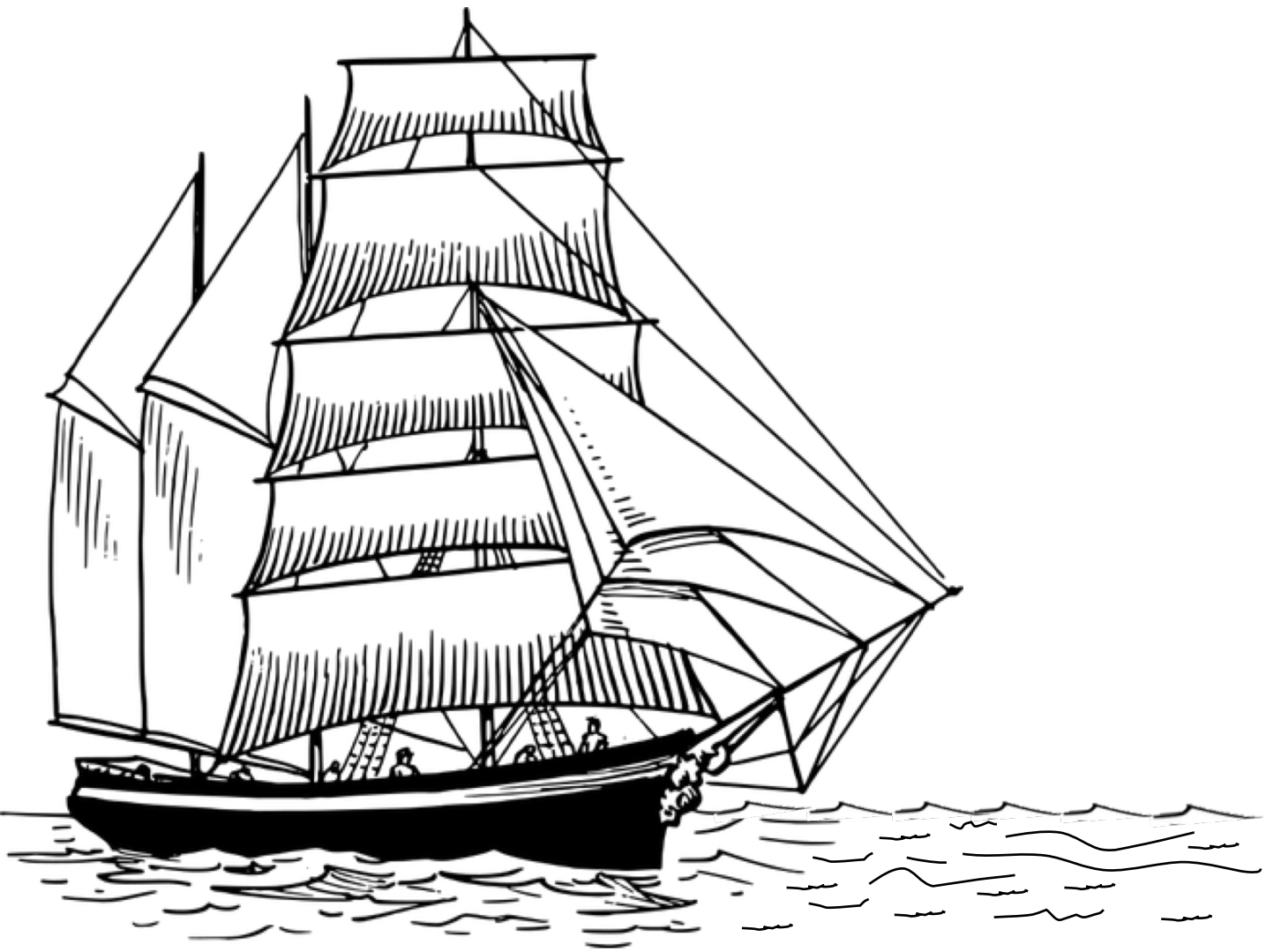


# COLOR YOUR WAY THROUGH A NAUTICAL ADVENTURE



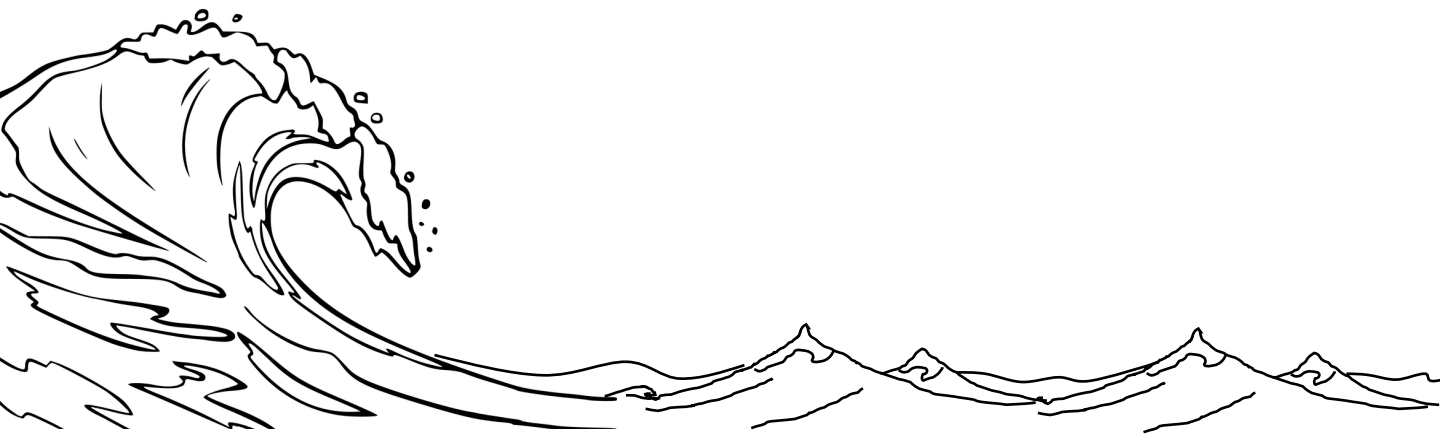
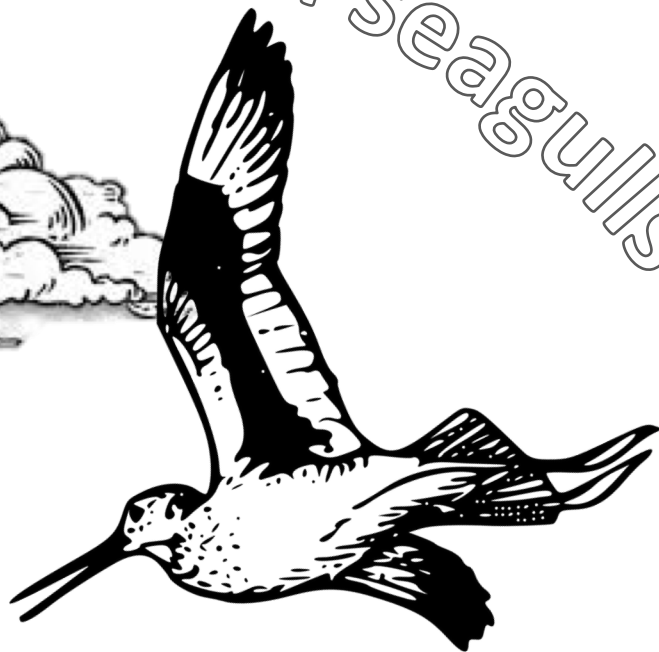
From your friends at YWCA Aquatics



Our journey begins  
not far from shore

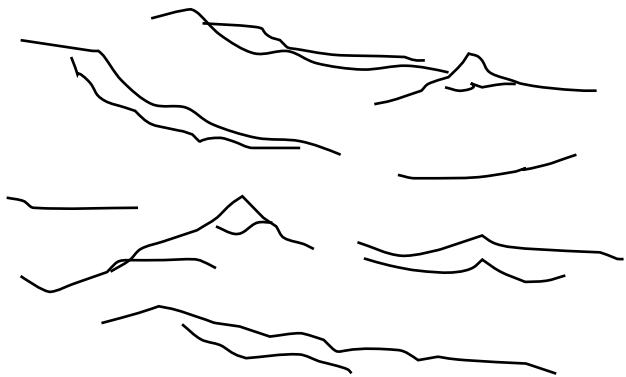


and seagulls soar



Where

waves roar

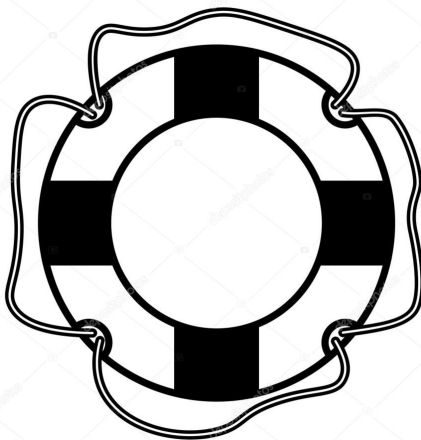


Before we embark,  
let's go over a few rules we should  
always follow around the pool

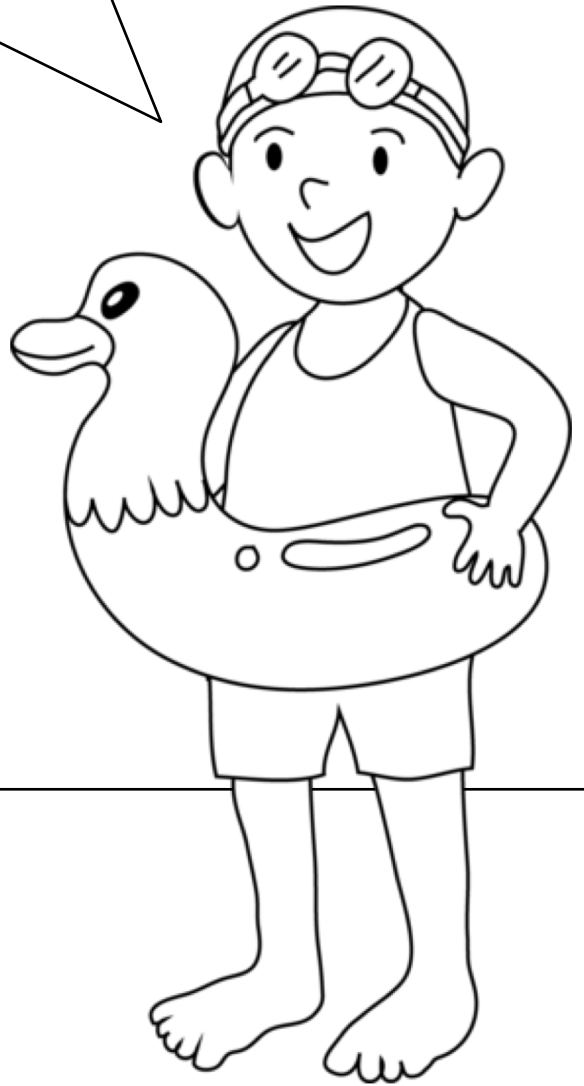


# RULES

- 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!

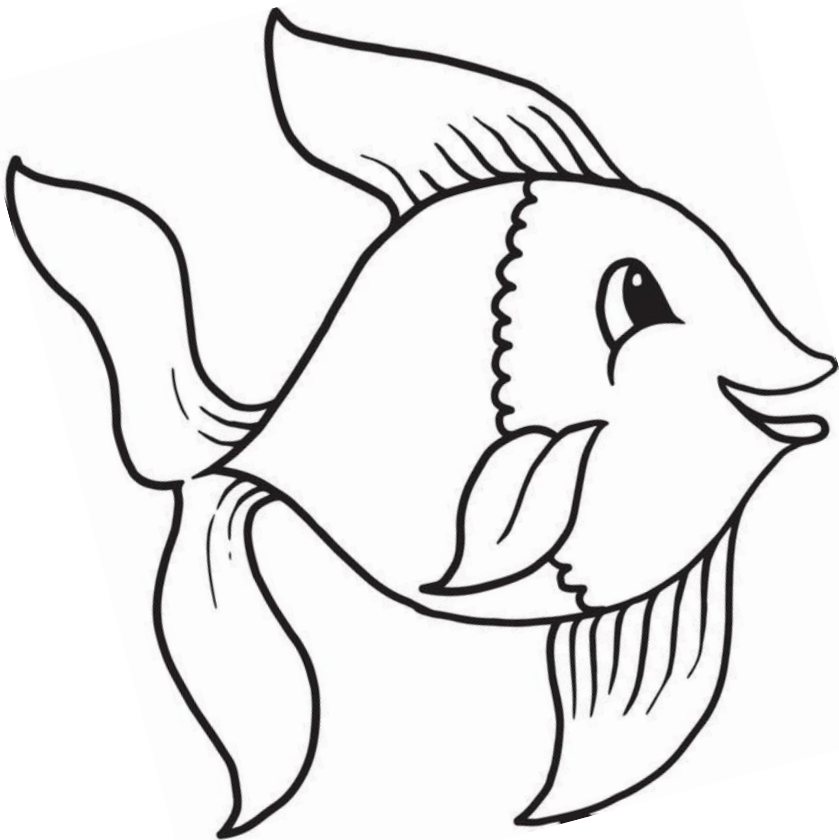
Now climb in safely on your belly



Point your toes and  
Kick! Kick! Kick!

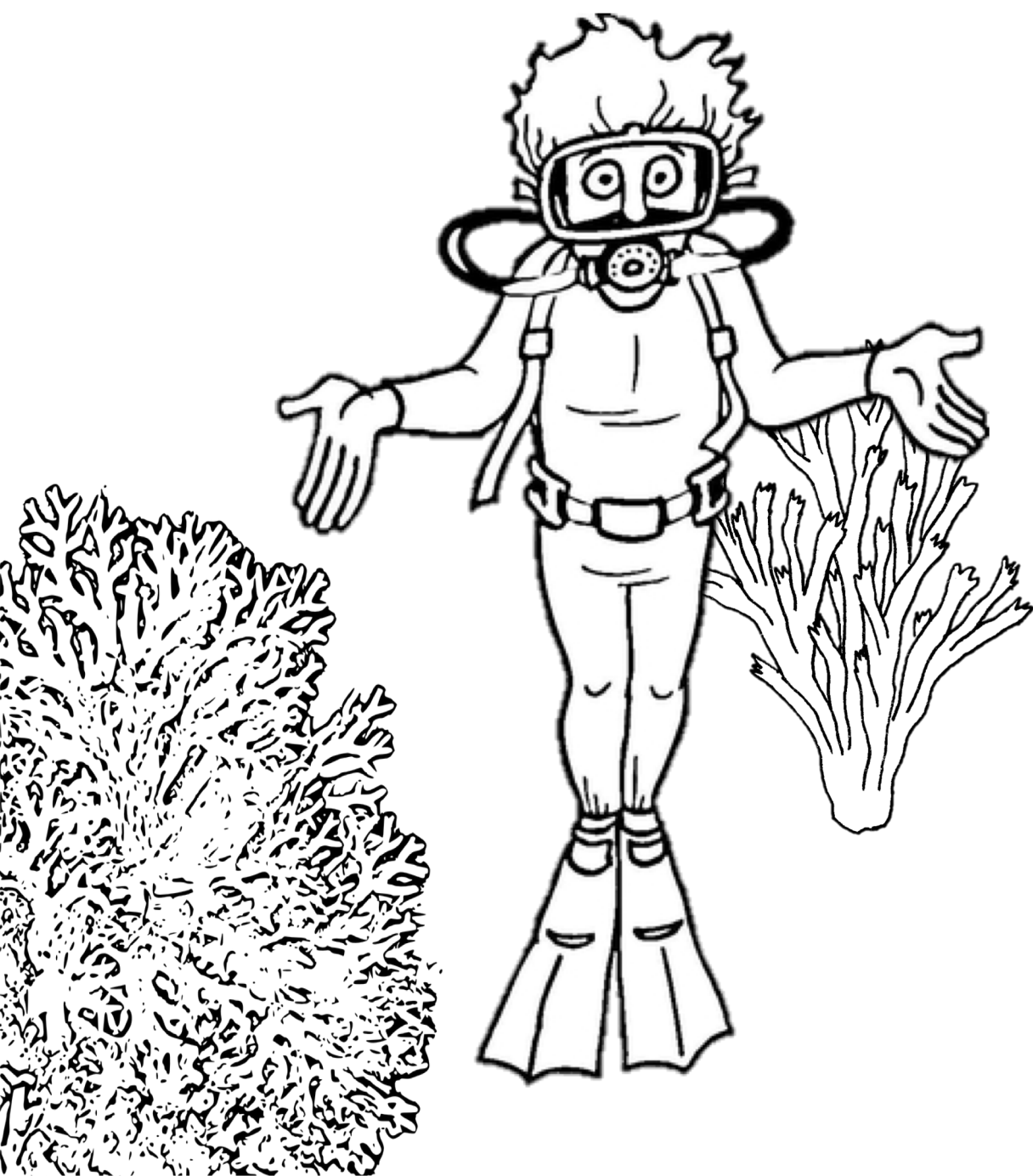
# Don't forget to blow your bubbles

Can you draw the fishes bubbles?

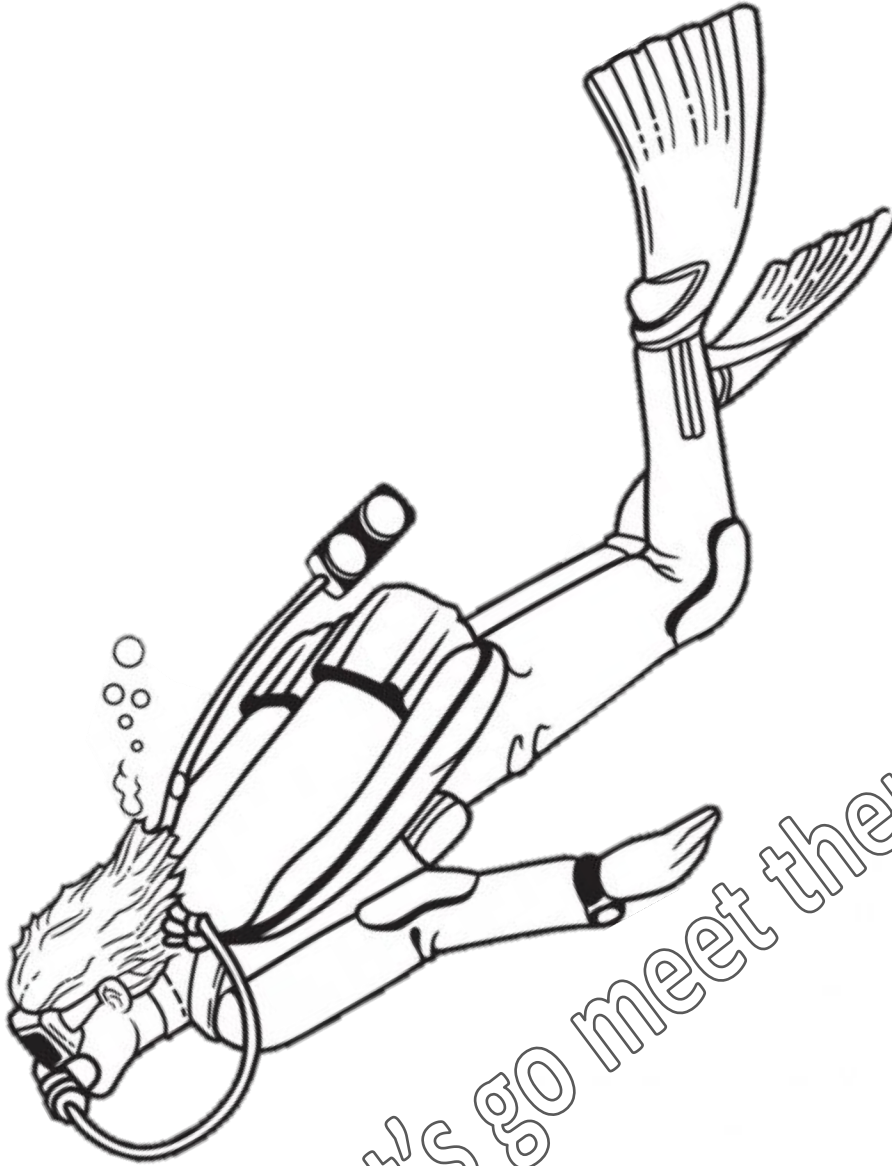




Are you ready for  
an adventure?



The water is full of  
wonderful animals

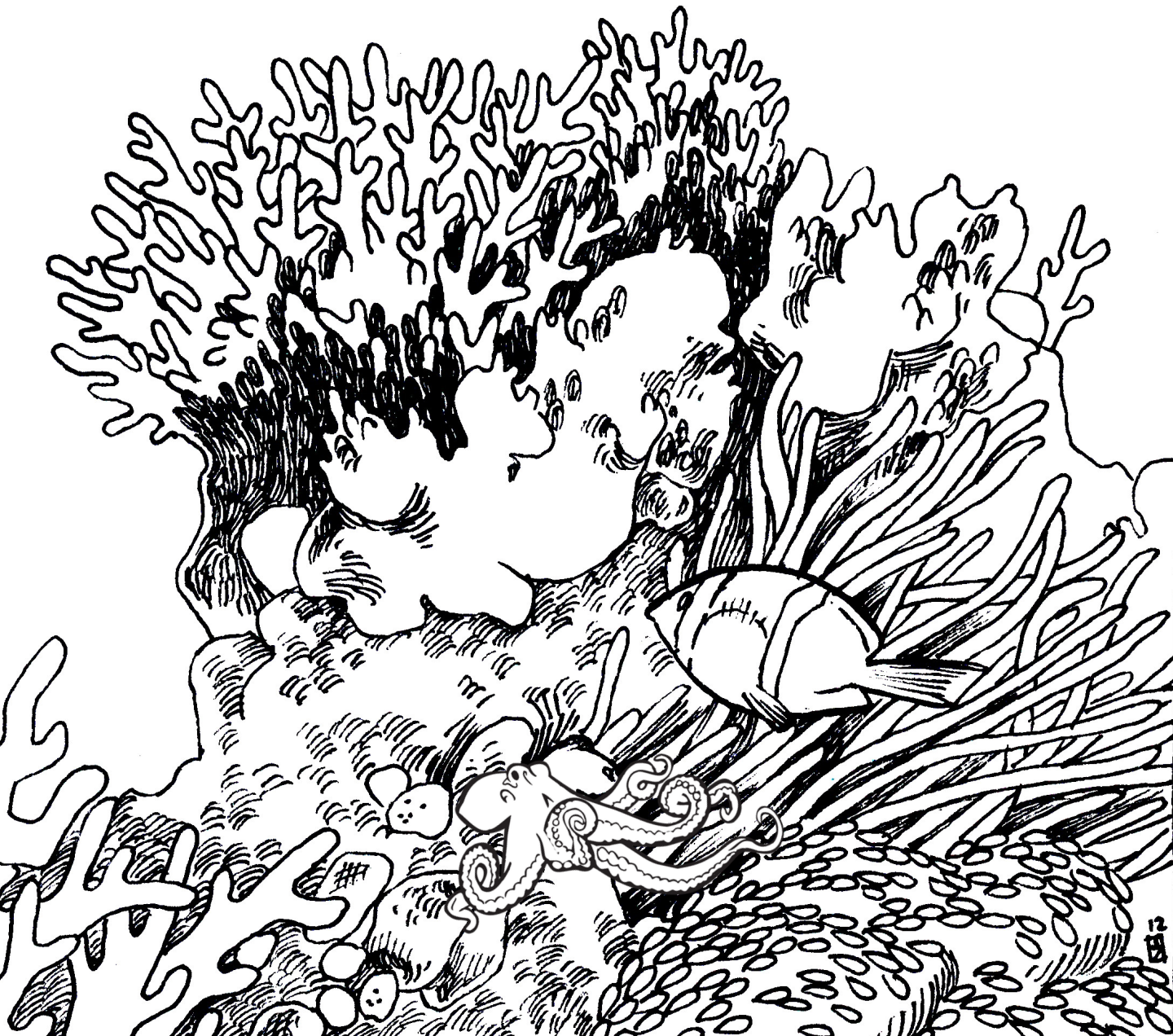


Let's go meet them



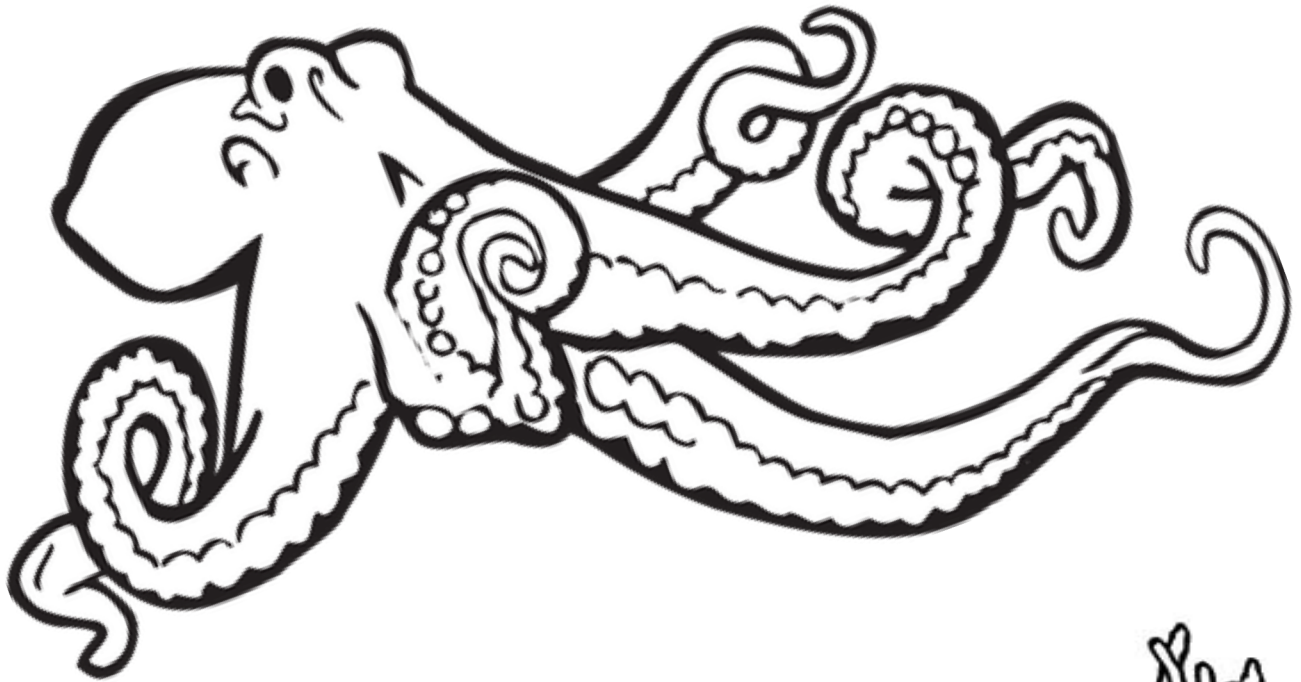
# Can you find our first friend?

Hint: It has eight arms



# Nice Work!

## It's an Octopus

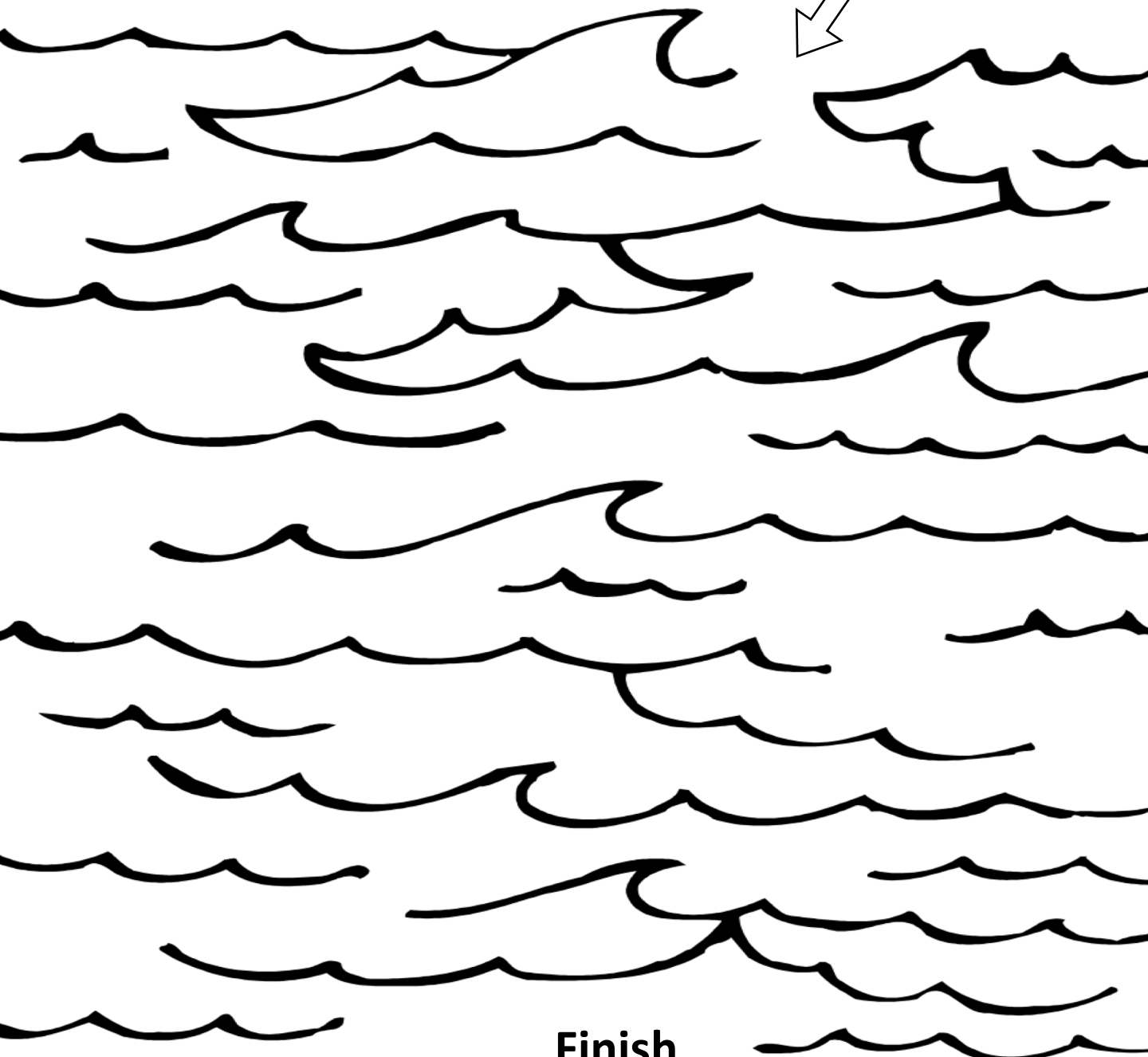


Fun Fact:  
Octopuses are one of the most  
intelligent marine animals and  
can even use tools!



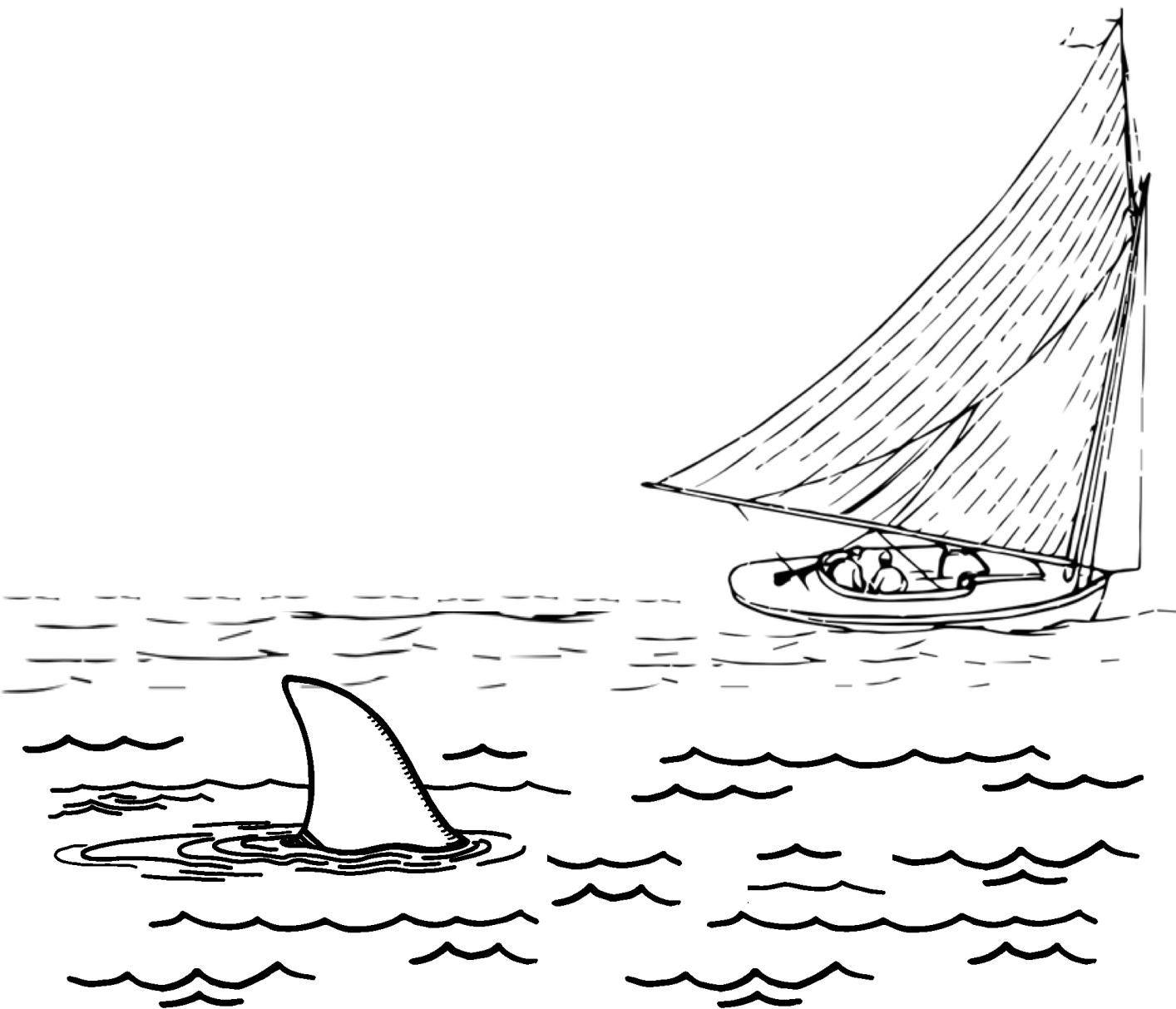
# Keep kicking through the waves

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



**Finish**

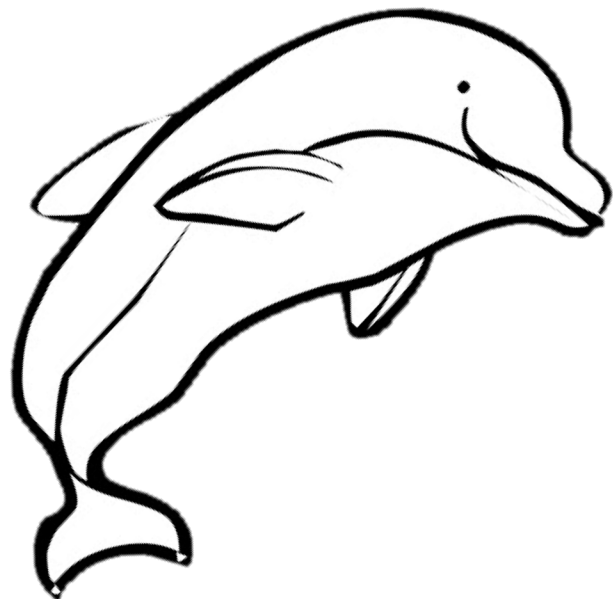
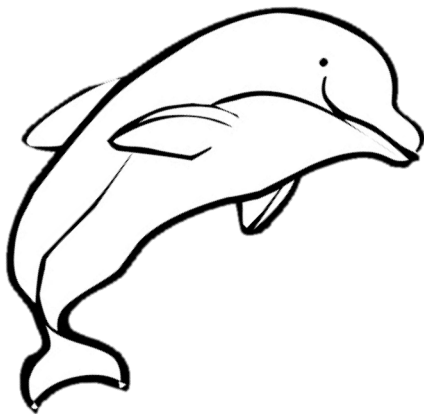
Remember to always watch  
where you're swimming



Or you might run into ...

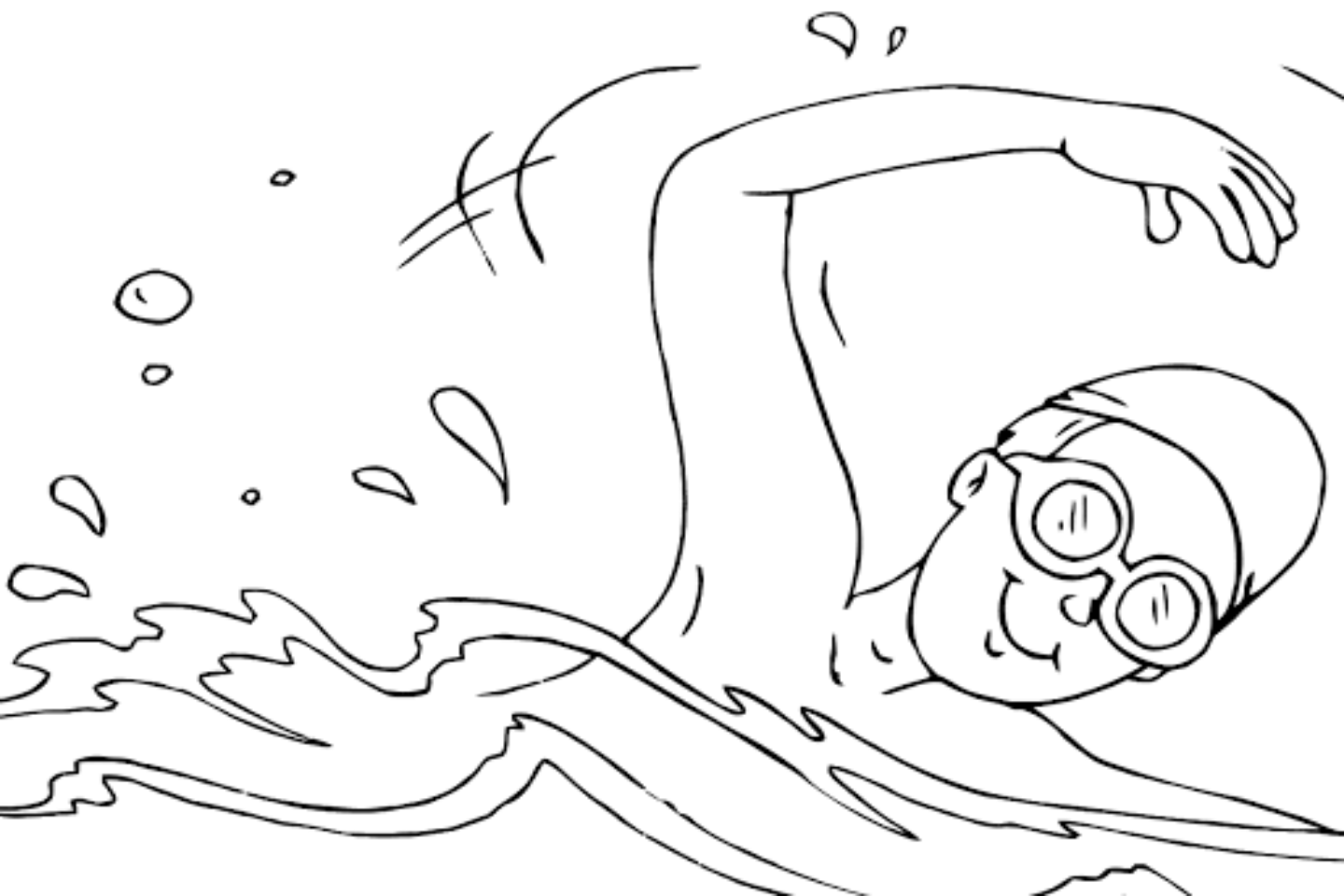
# A pod of Dolphins!

Can you count to 110?



Lets lift our heads  
and get some air

Remember to breath on your side

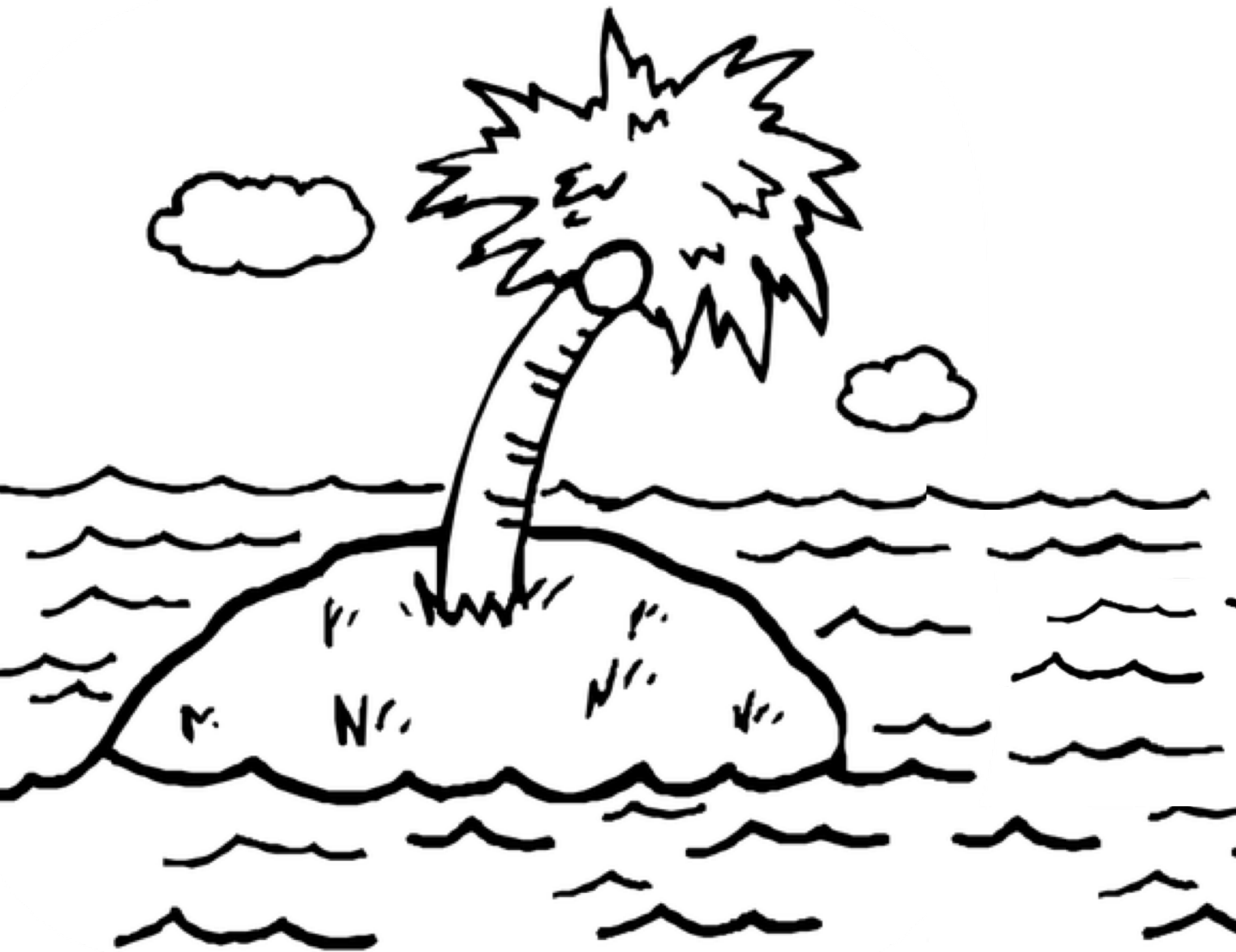




# Woah!

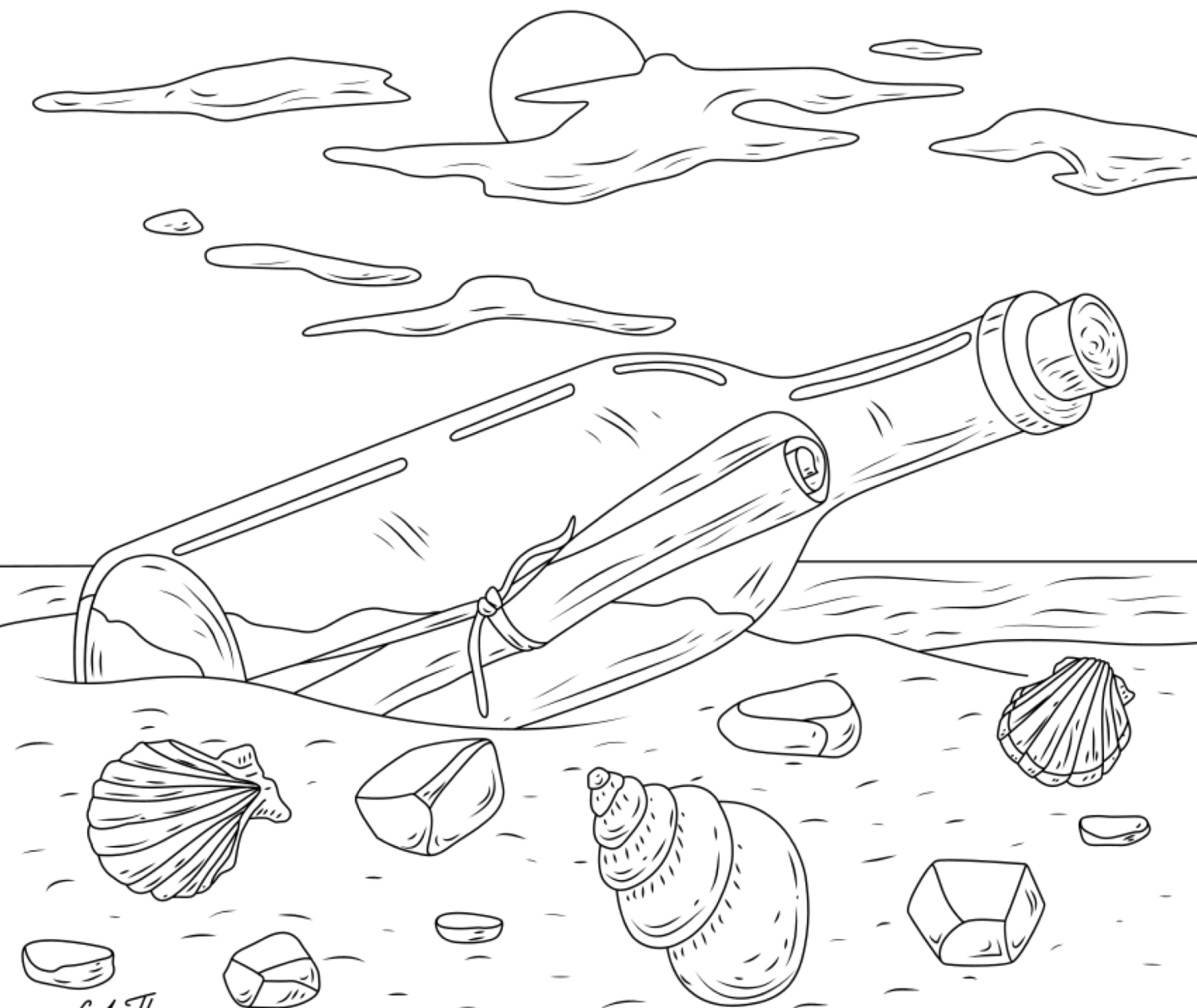
Look it's a deserted island

Let's go check it out!



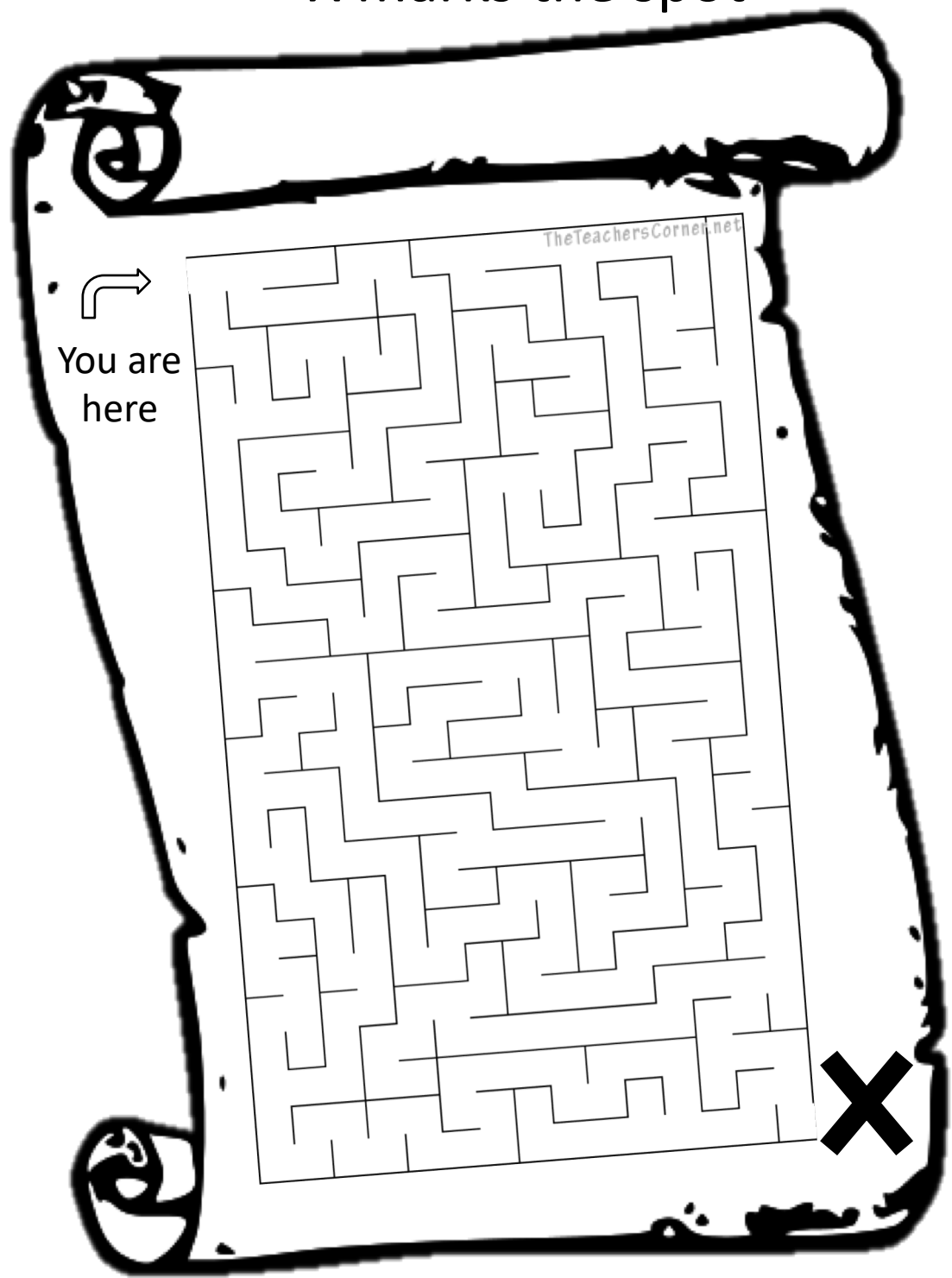
# A message in a bottle?

I wonder what's inside



# It's a treasure map!

X marks the spot



Great!  
We reached the X



Now scoop your hands  
to dig up the treasure

# There's the chest!

## The key must be around

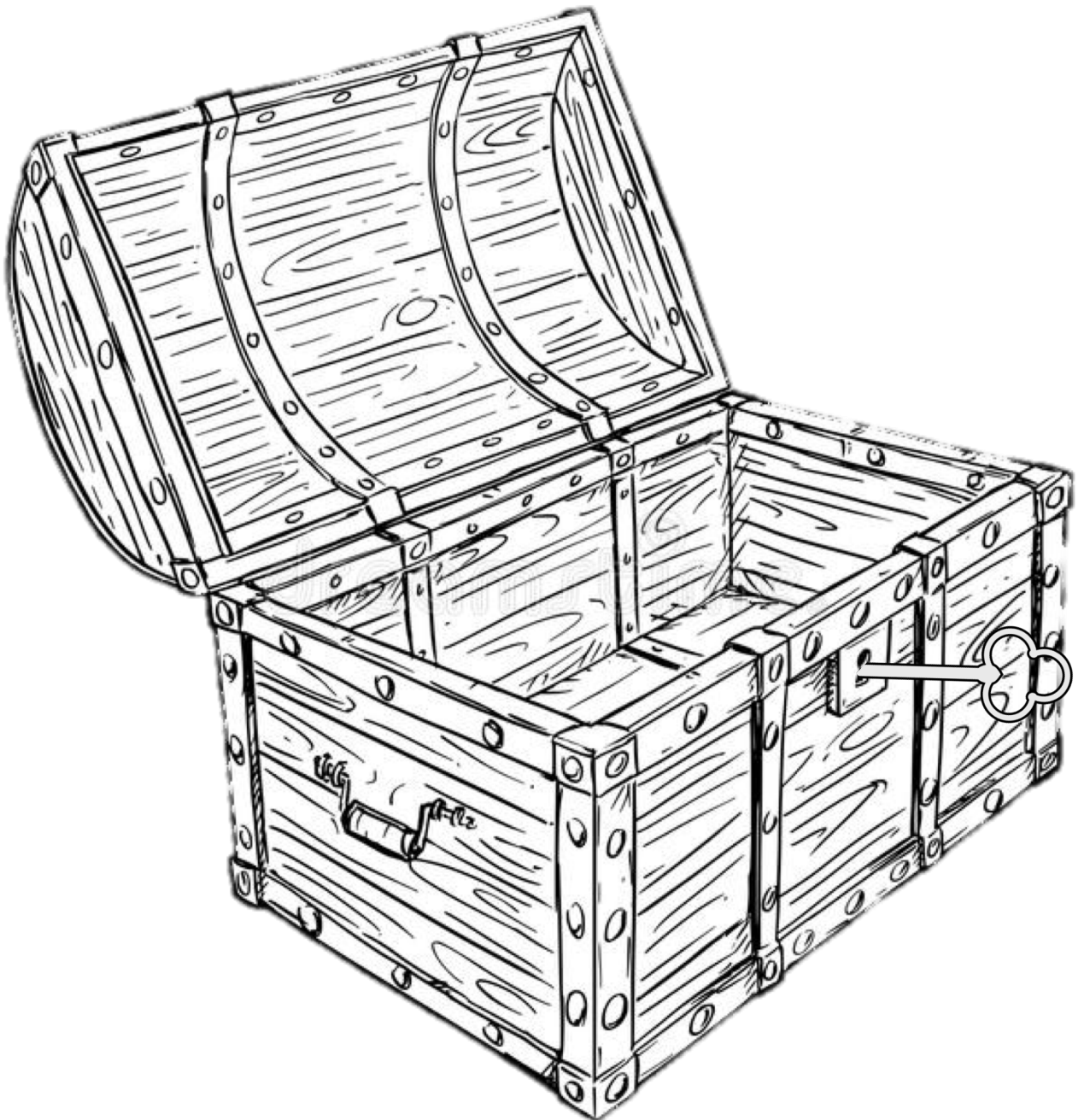
Can you find it?

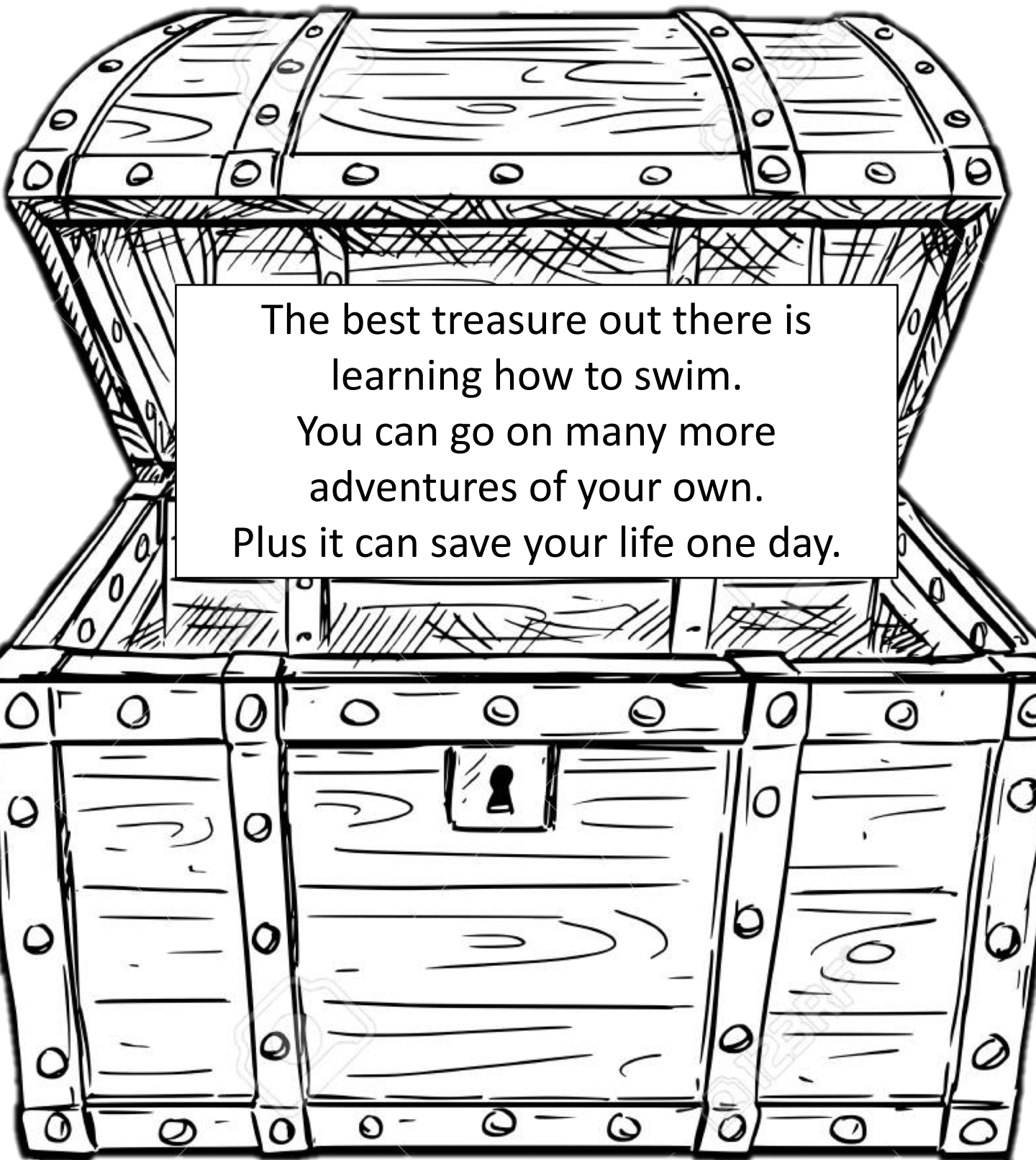
Hint: It's in a crabs claws



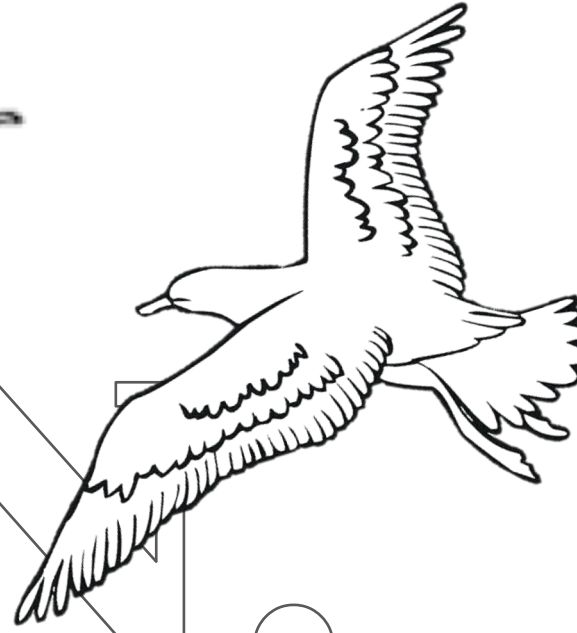
# Good Work!

Lets 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.



FINN.

