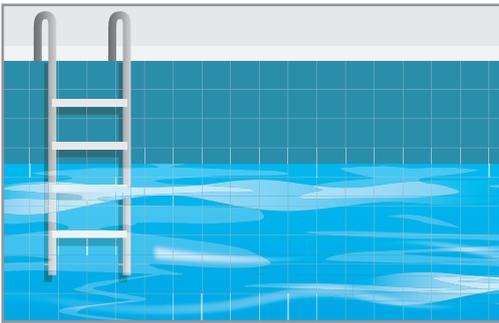


Aula de natação



1. Colocar a roupa



2. Entrar na piscina pela escada



3. Usar a prancha



4. Bater as pernas



5. Nadar de costas