

Svømmning

Check ind



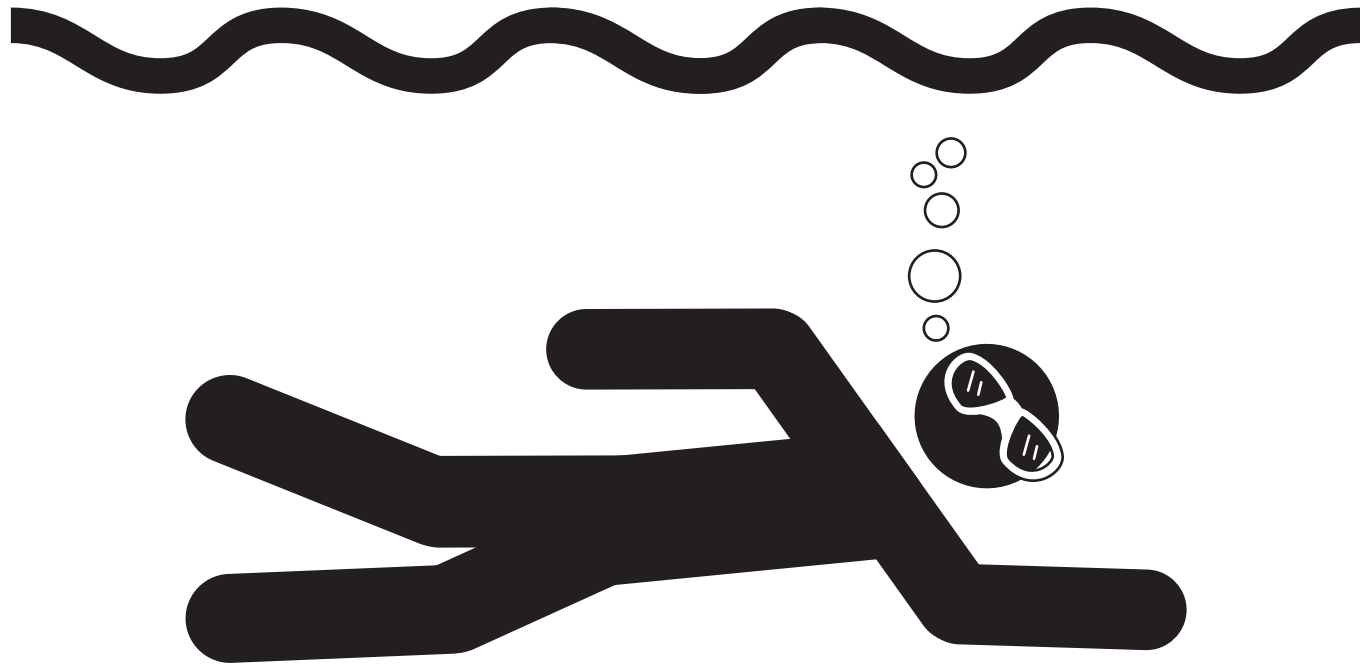
Opvarmning



Flyde



Dyk



Hop



Balance



Surf



Benspark



Pladesvøm



Spring fra kant



Vejrtrækning



Crawl



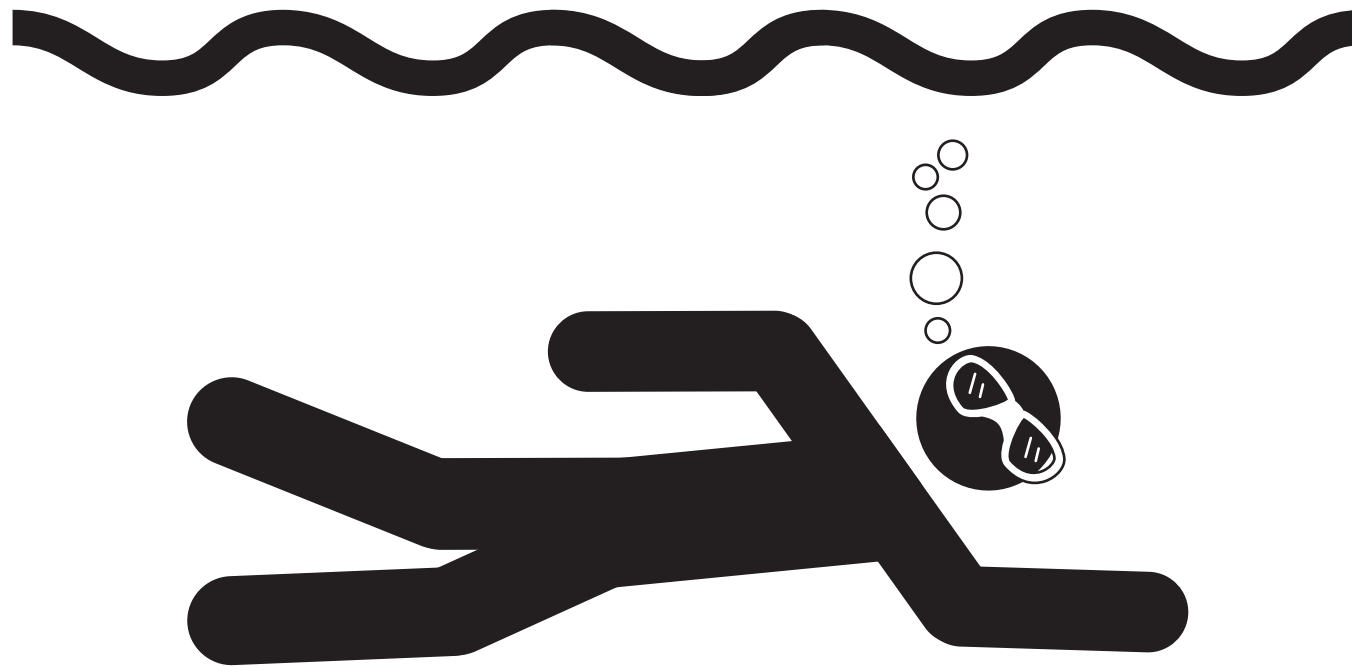
Ryggcrawl



Bryttsvømning



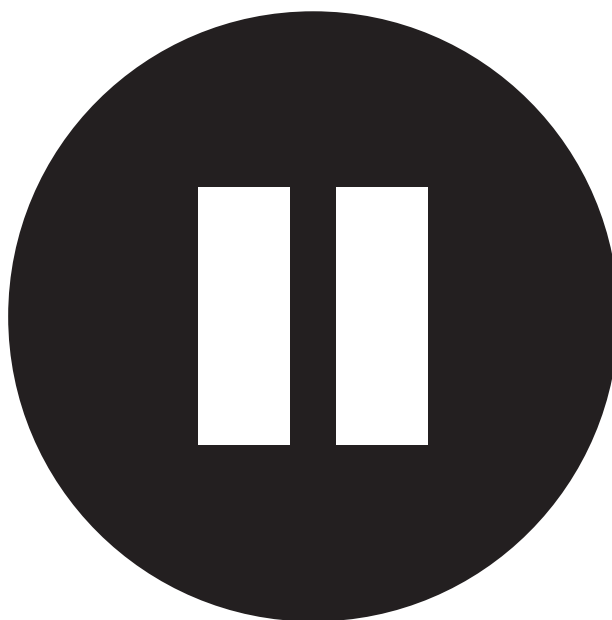
Svøm under vand



Leg



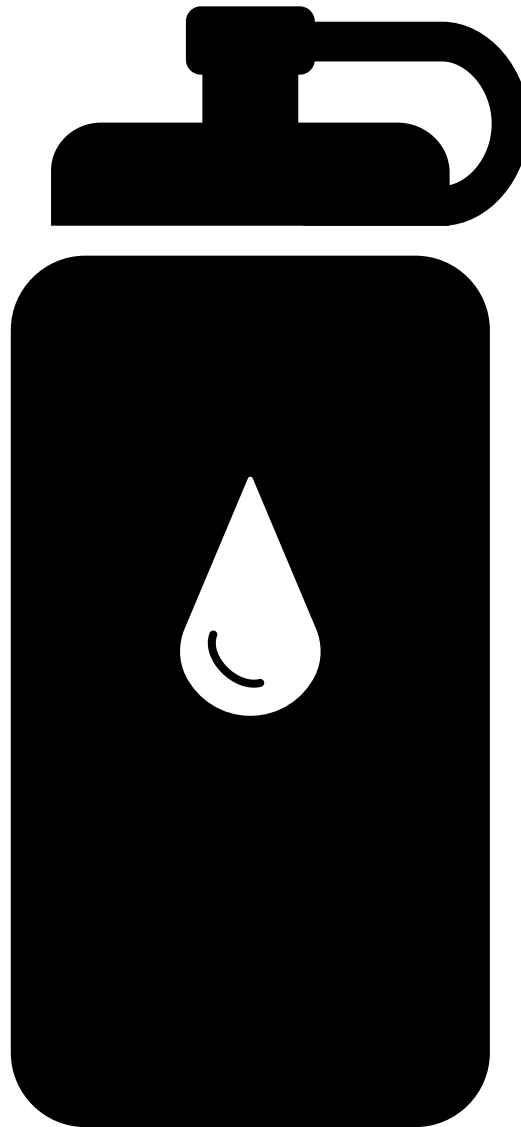
Pause



Vand



Vand



Udstræk



Check ud



Evaluering

