



PRACTICE #6

- 00: Greetings
+ Ankle Flexion/Ankle Extension/Toe Point
+ Body Tension
- 05: 2x25 swim (1/2&1/2) eggbeater with noodle overhead
- 10: Elements Practice: Tub+Wheel+Turn+Star+Oyster+Swim
- 30: Routine Practice
- 40: Individual Practice
- 45: Dismiss

Count it out loud...

1	2	3	4	5	6	7	8
				5	6	Ready	Go!
Enter	2	3	4	5	6	Surface	Hold
Boost	2	3	4	Boost (arms)	6	7	Surface
Travel	2	3	4	Shoot	6	7	Back
Dolphin	2	3	4	5	6	7	Hold
Right	and	Left	and	Right	and	Left	Hold
Tub	2	3	4	Wheel	6	7	8
Turn	2	3	4	5	6	7	Star
Hold	2	3	4	Oyster	6	7	8
Swim	2	3	4	Surface	6	7	Wave
Right	And	Left	And	Right	And	Left	Hold
Tub	2	3	4	Kip	6	7	Rope

We swim for good times!®