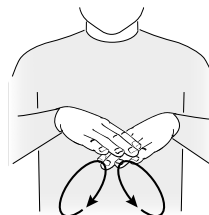
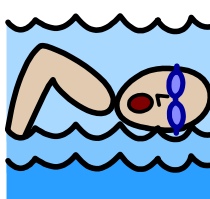
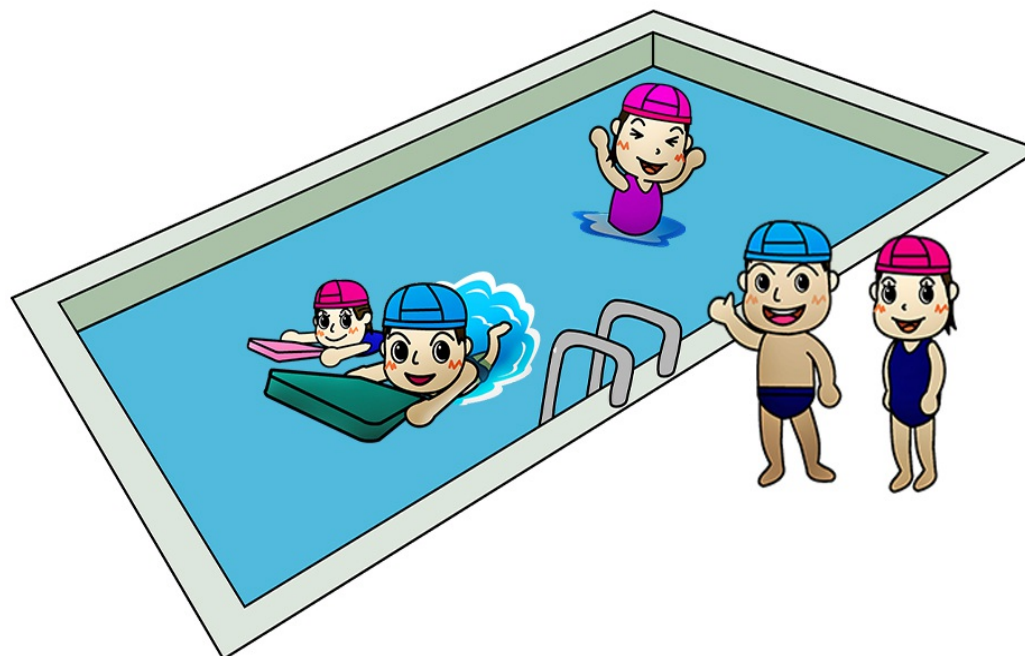
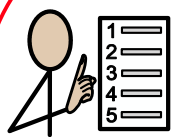


En folder om



Simning

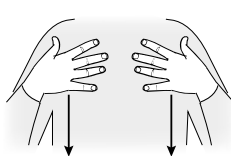




Regler i simhallen



Duscha

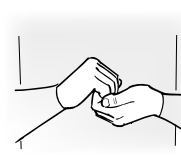


kroppen

med tvål



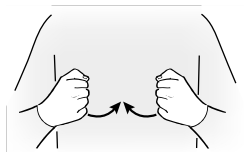
+



och



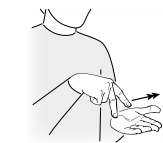
schampo.



Ta på



badkläder



Gå

=

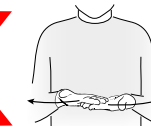


är

bra



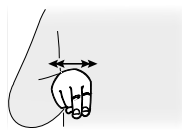
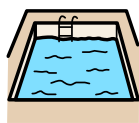
Spring



inte!



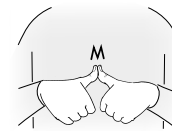
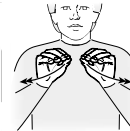
Gå ner i vattnet



när

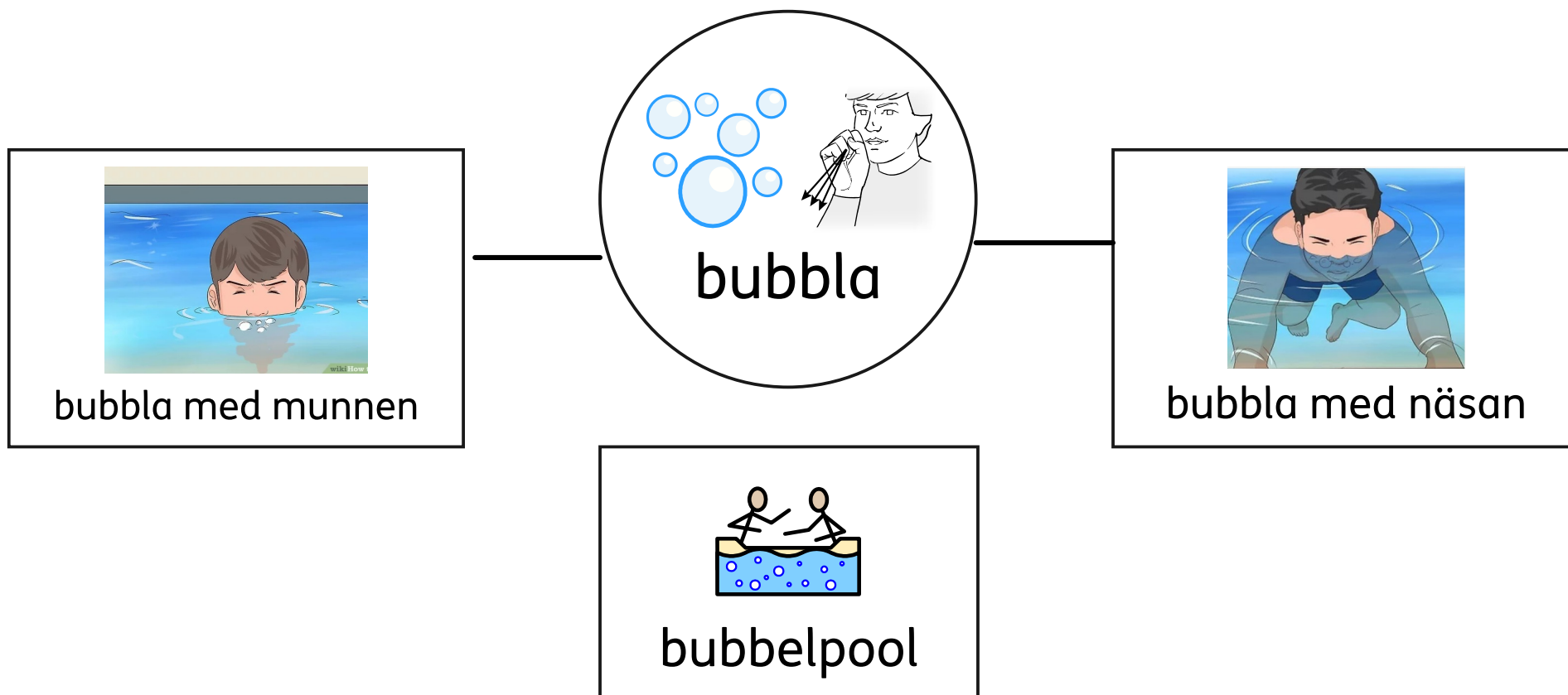
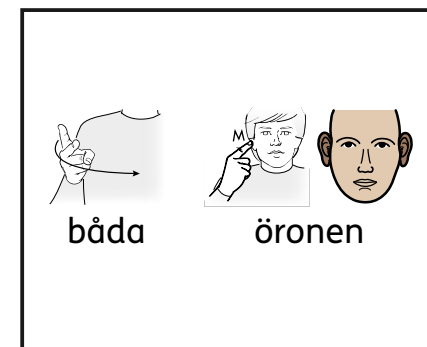
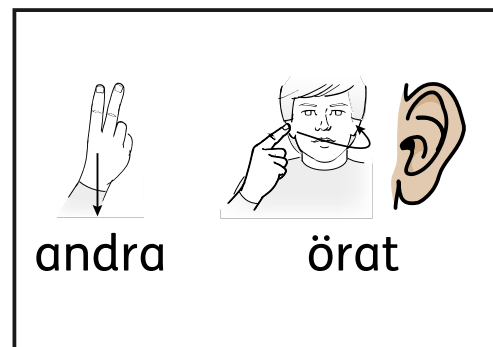
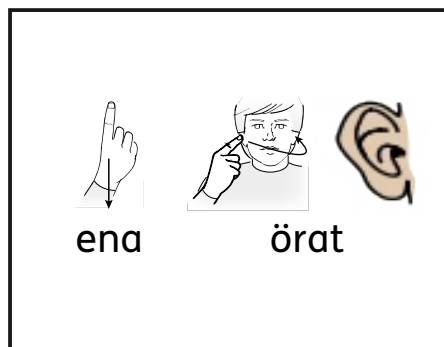
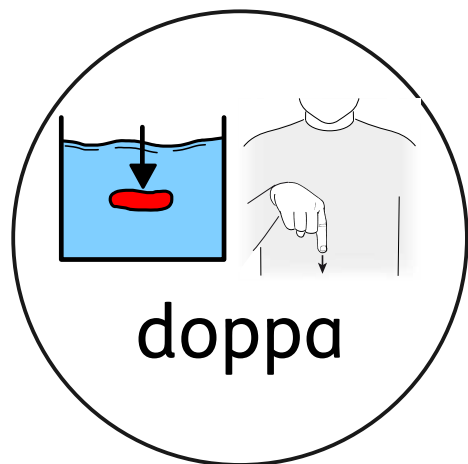


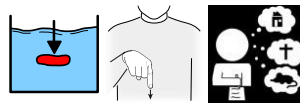
simläraren



tillåter







Doppa-ramsan



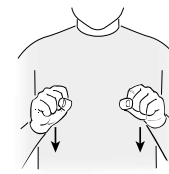
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2,

3

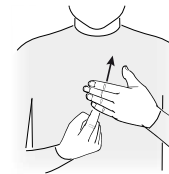


På det fjärde

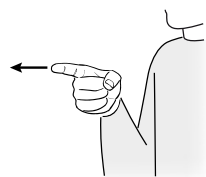


ska

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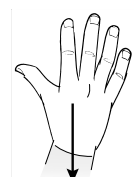


ske



på

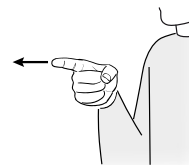
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femte



gäller det

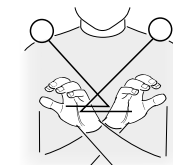


på

det



sjätte

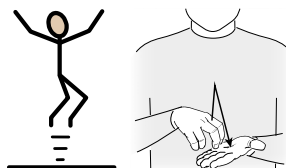


smäller

det!



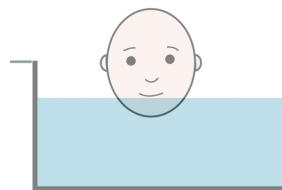
stå i ring



hoppa



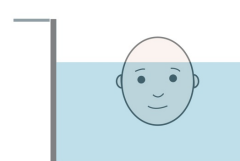
hålla händer



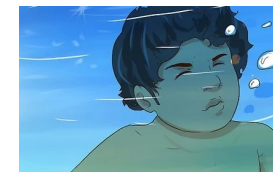
doppa hakan



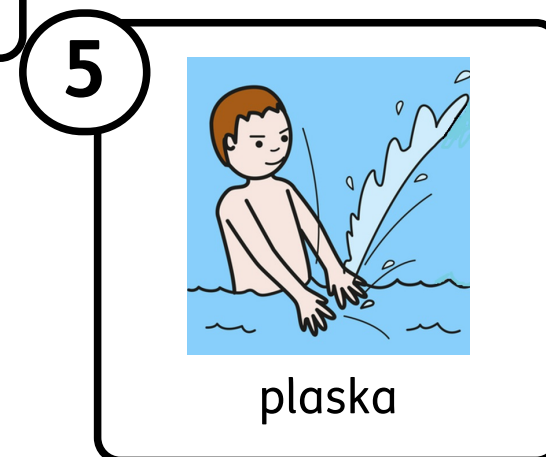
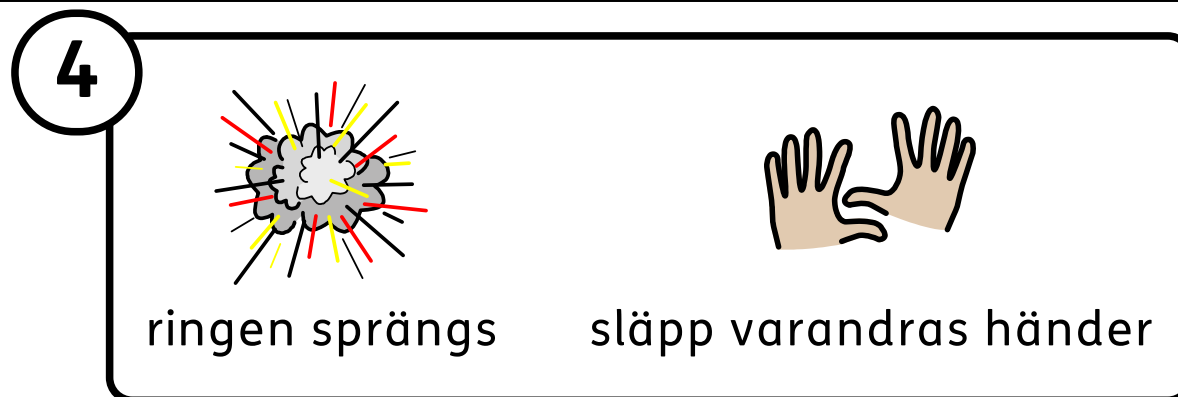
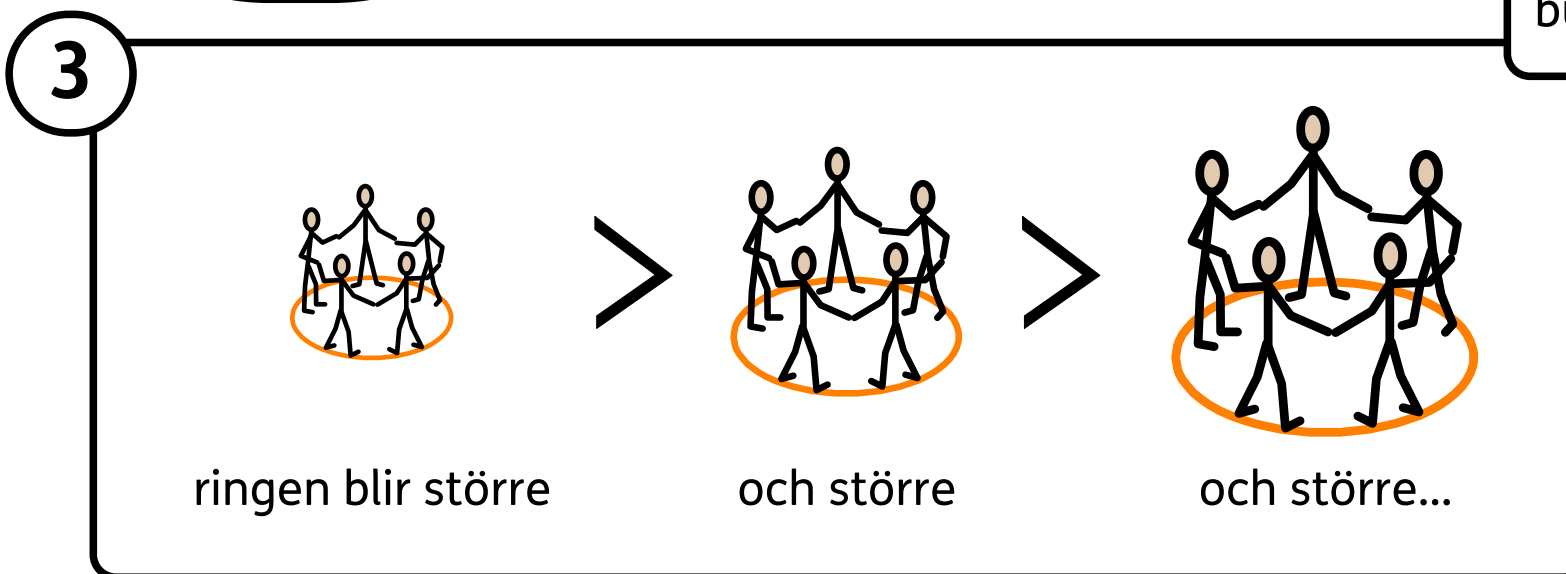
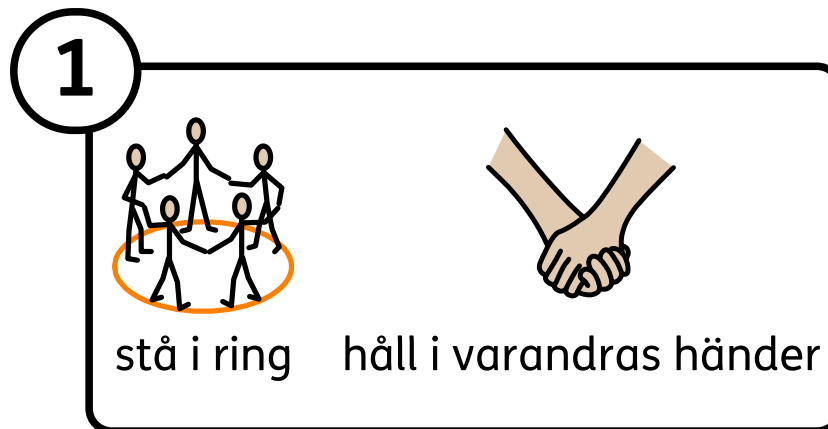
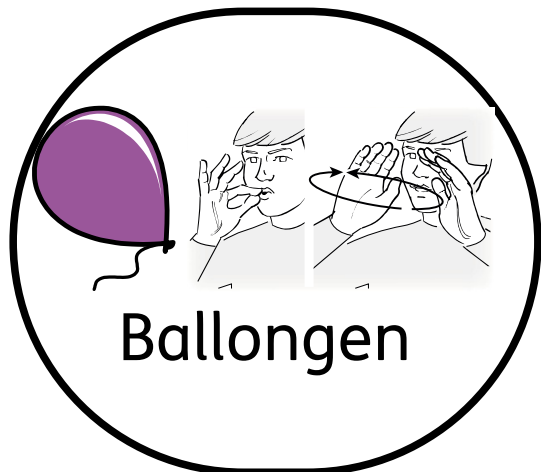
doppa näsan

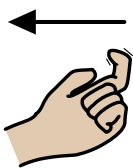


doppa ögonen

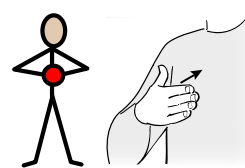
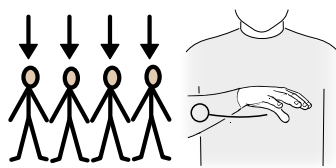


doppa huvudet

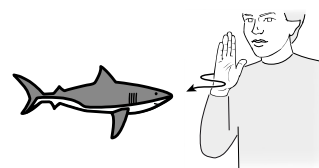




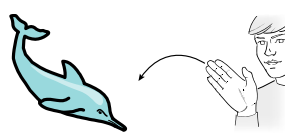
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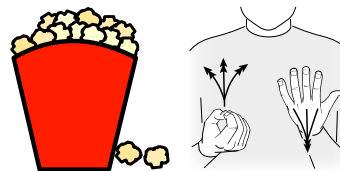
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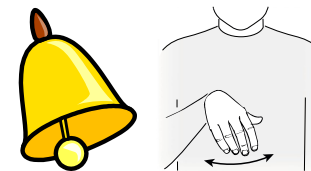
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delfin



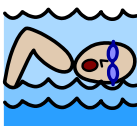
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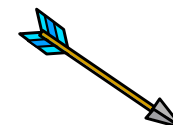
klocka



studsball



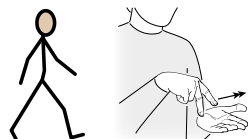
snabbast möjliga



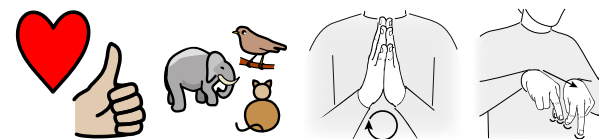
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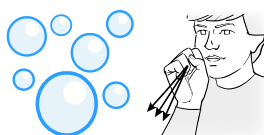
baklänges



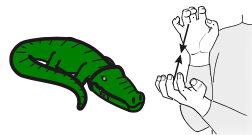
gå



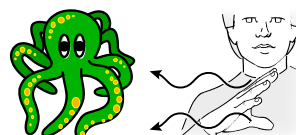
favoritdjur



bubblare



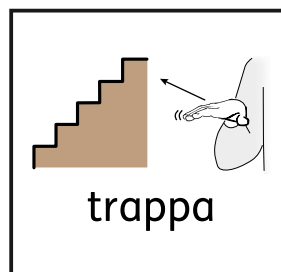
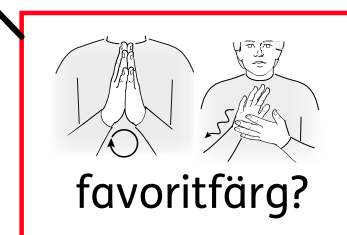
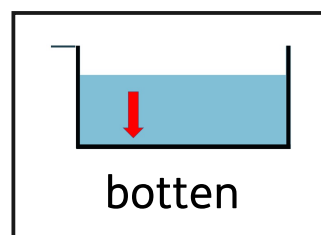
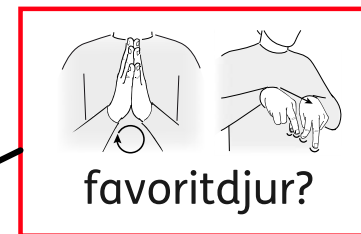
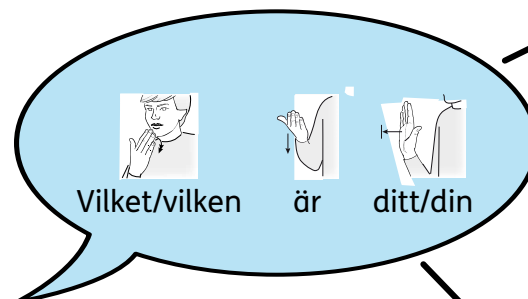
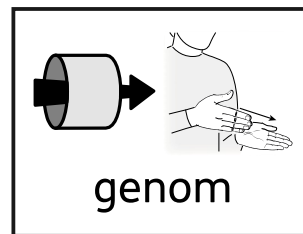
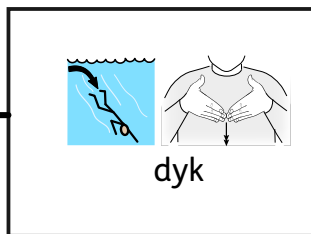
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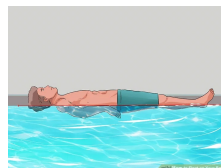
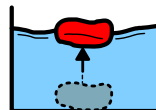


bläckfisk

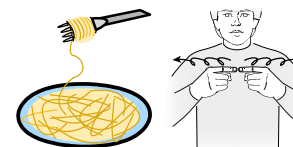


val





flyta



spagetti



dra in luft



sjöstjärna



flyt på rygg



flyt på mage



rotation



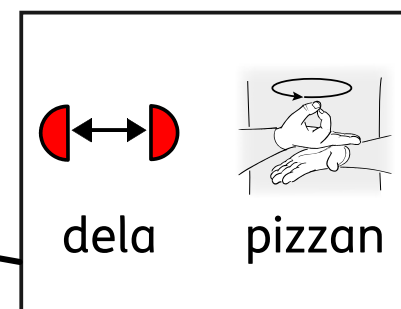
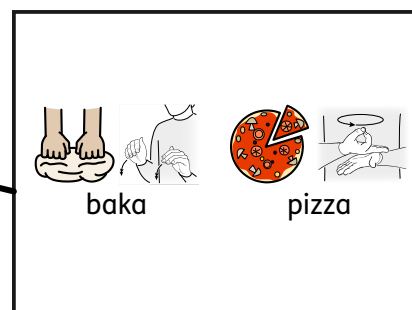
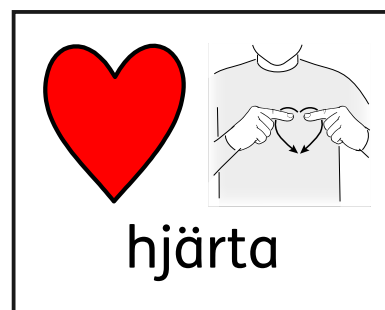
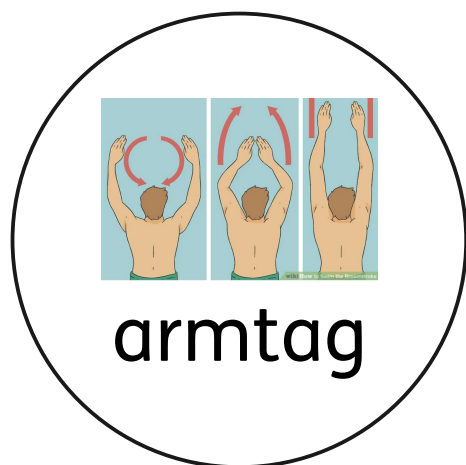
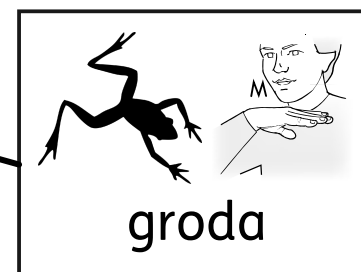
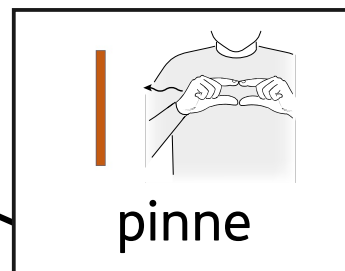
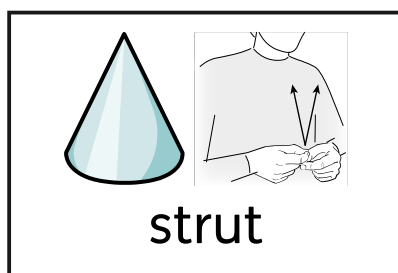
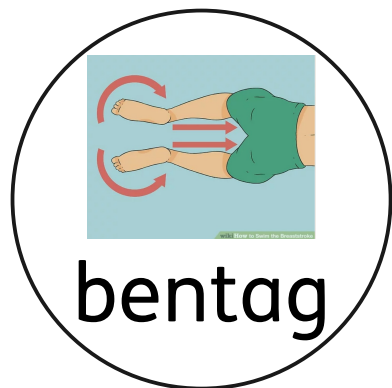
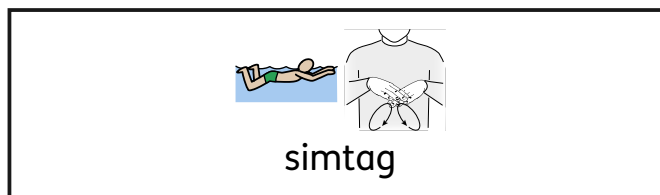
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sekunder

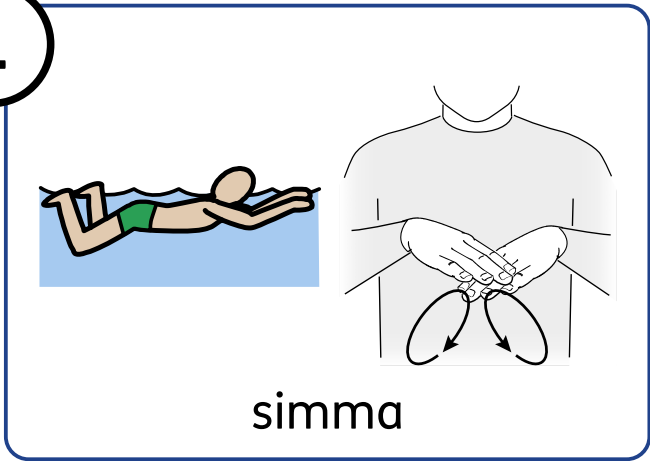


bubbla med näsan





1



2



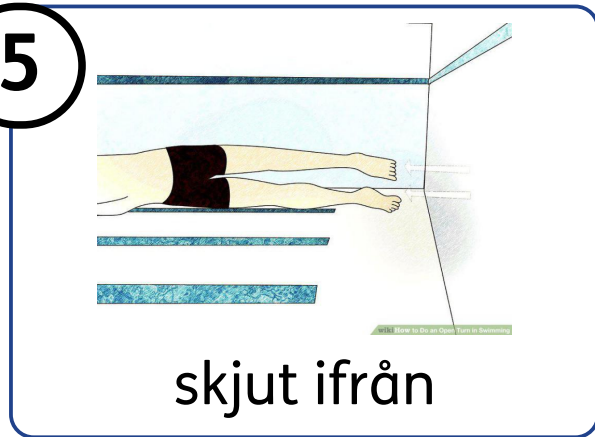
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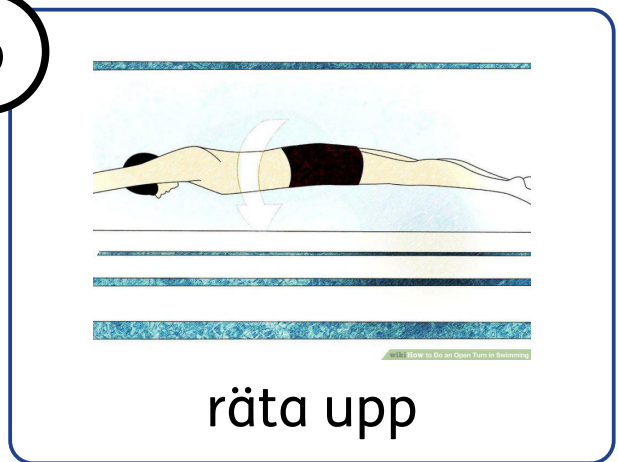
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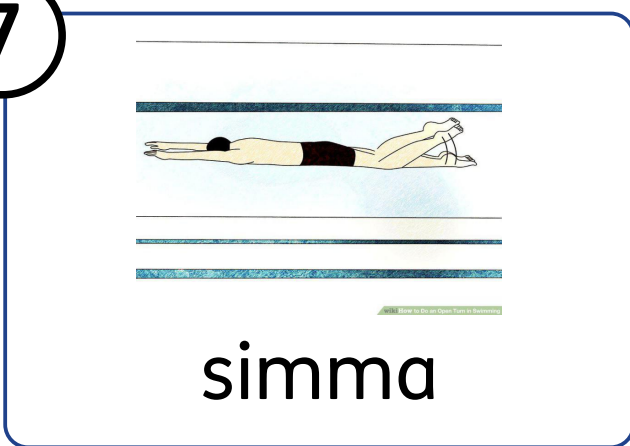
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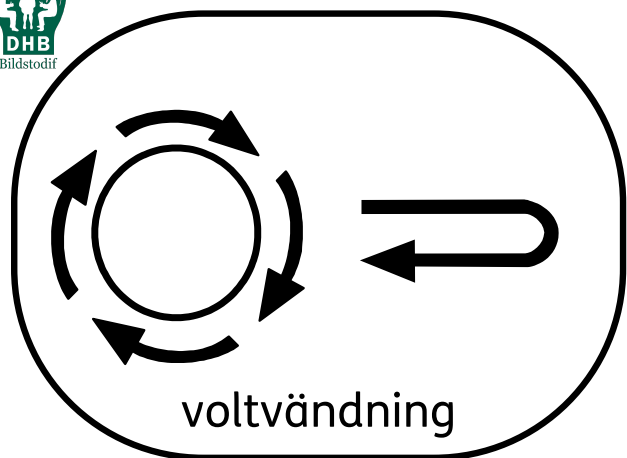


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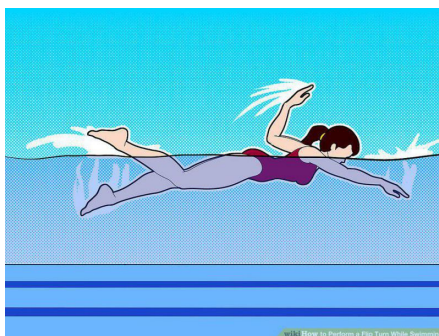


7



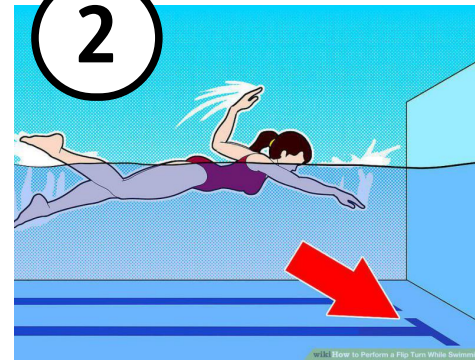


1



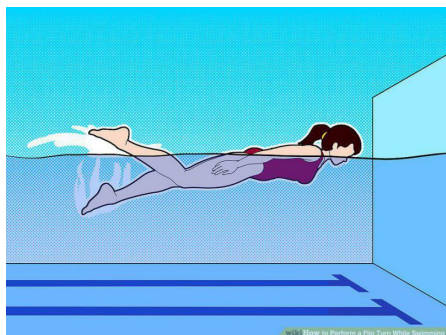
simma

2



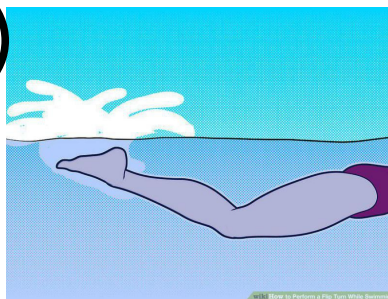
sikta

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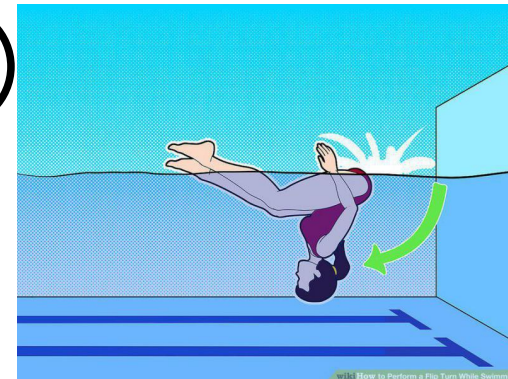
armar bak

4



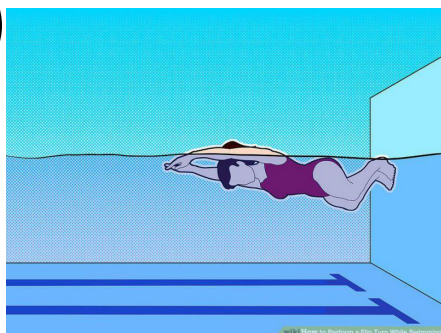
kicka

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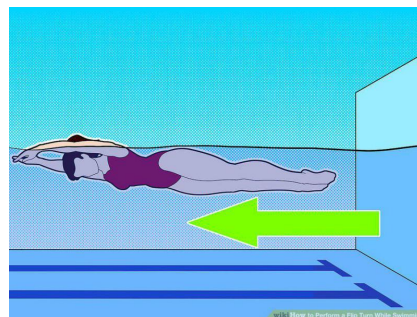
volta

6

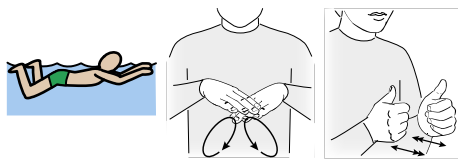
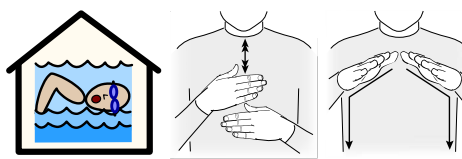
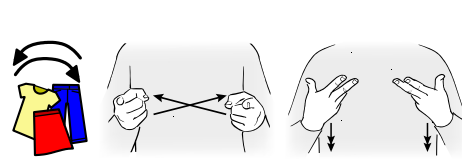
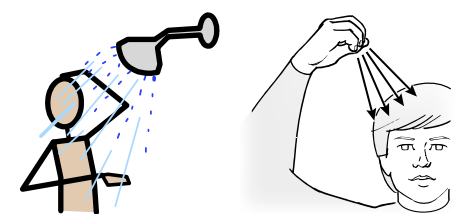
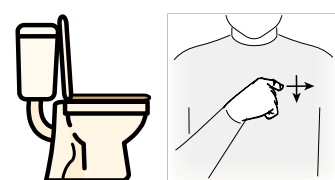
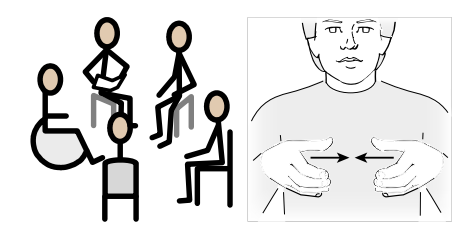
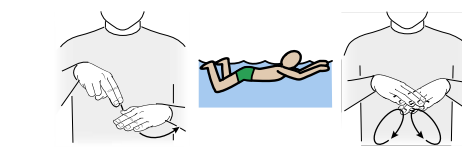
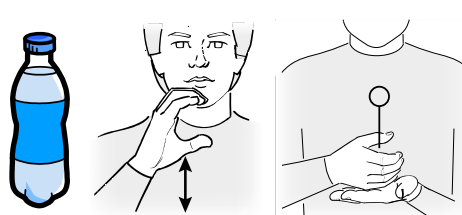
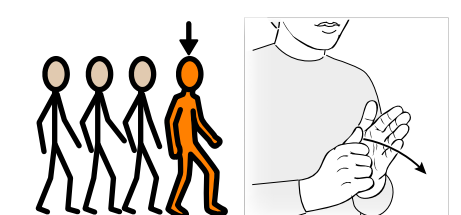
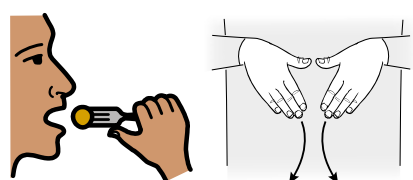
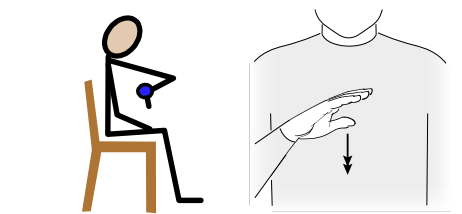
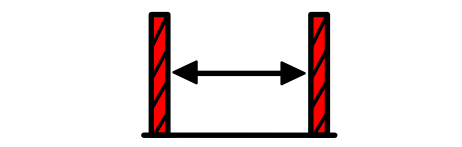
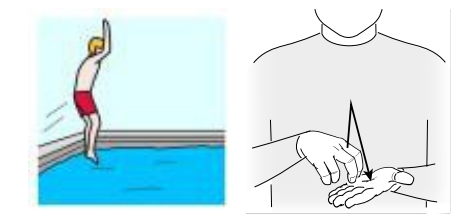
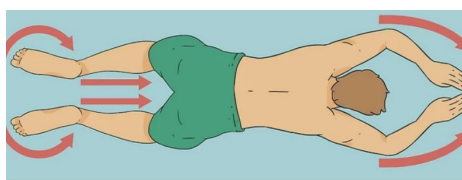
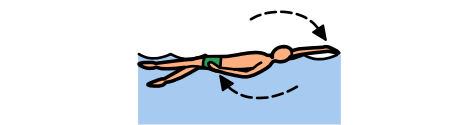
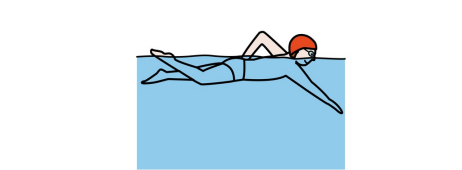
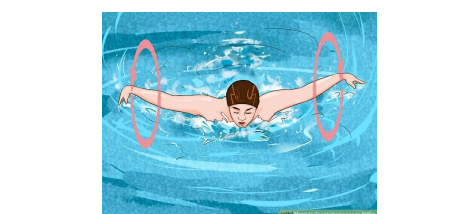
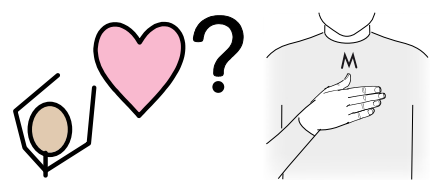
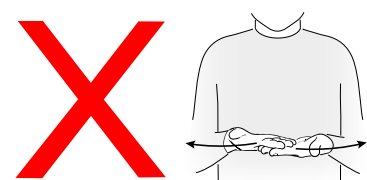
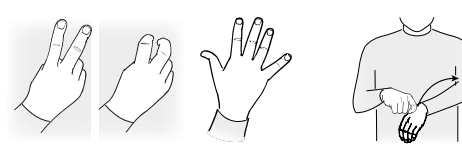
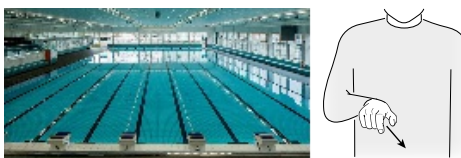
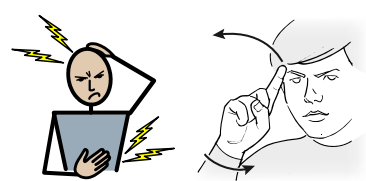
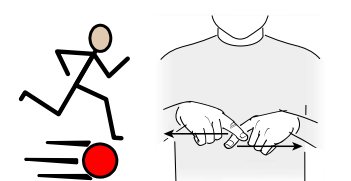
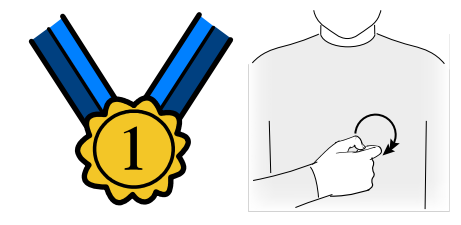
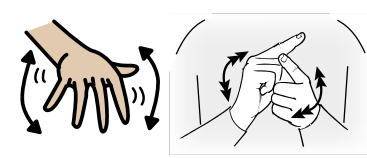
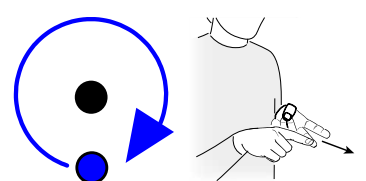
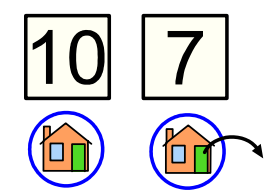
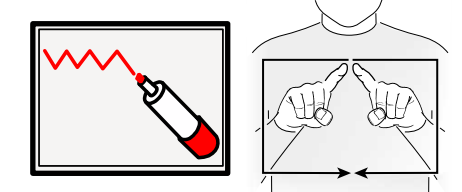
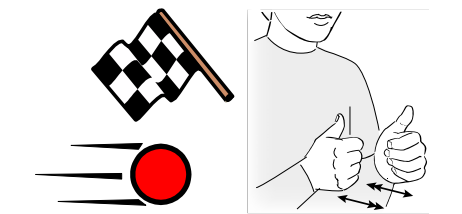
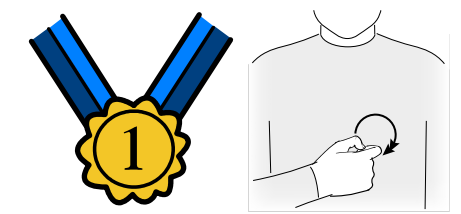
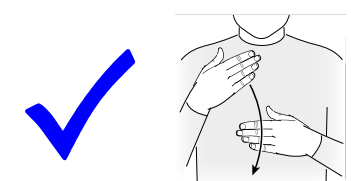


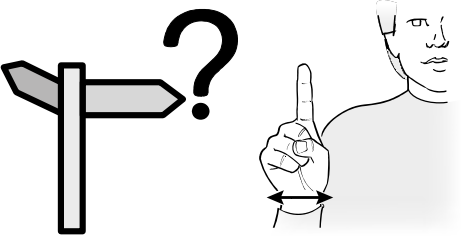
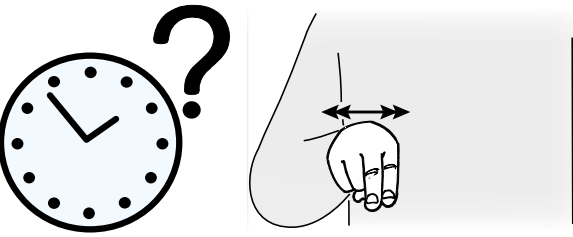
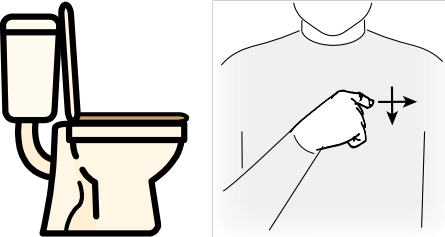
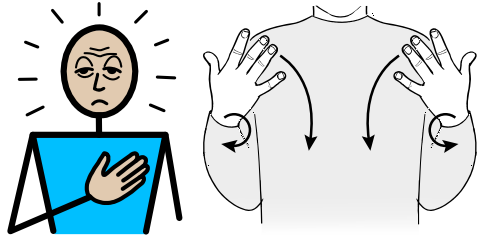
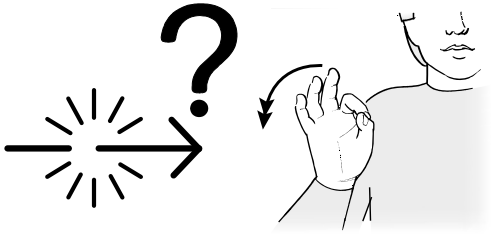
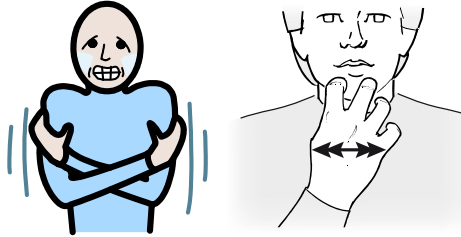
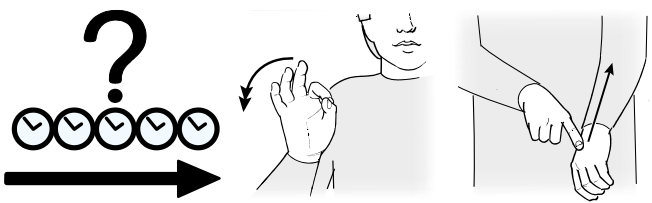
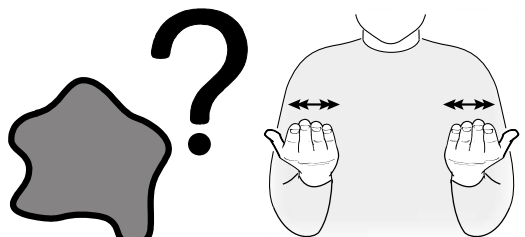
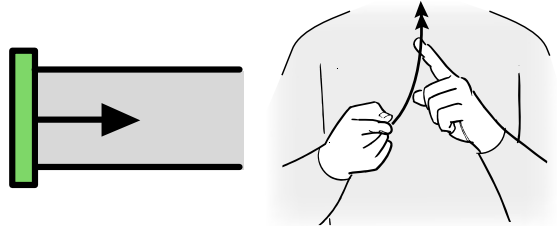
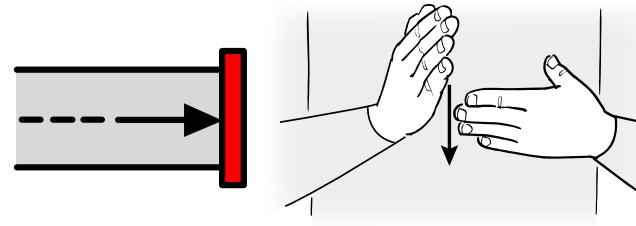
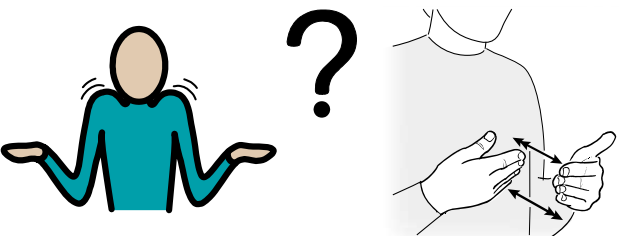
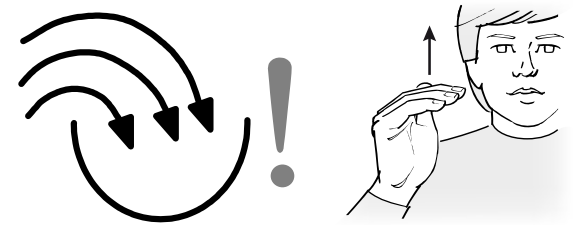
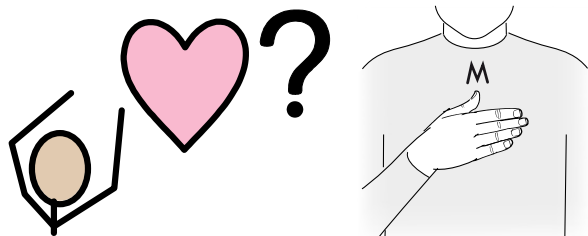
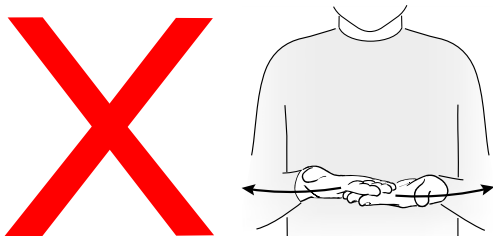
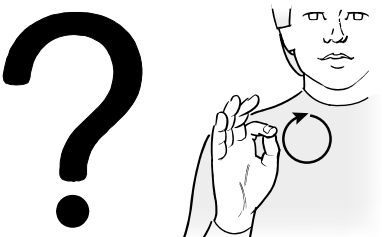
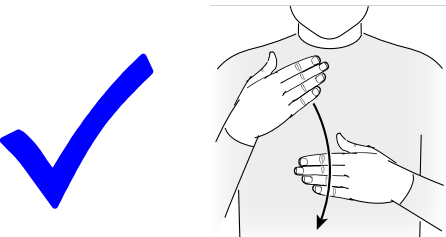
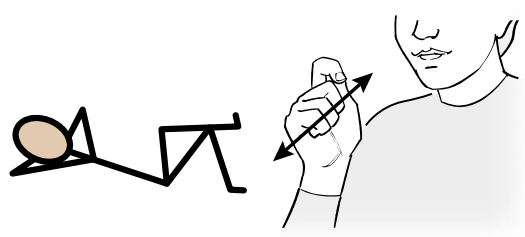
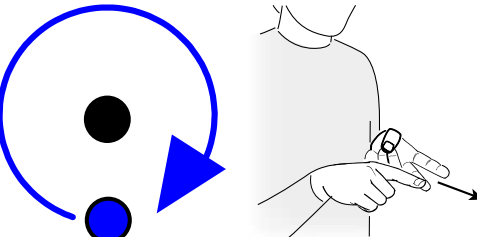
vänd

7



skjut ifrån

 simtävling	 badhus	 byta om	 duscha	 toa	 trött
 samling	 insim	 vattenflaska	 ledare	 törstig	 hungrig
 vänta	 längder	 dyka	 hoppa	 bra	 vem?
 bröstsims	 ryggsims	 frisims	 fjärilssims	 vill	 inte
 25	 50	 100	 bana	 ont	 snabbt
 meter	 meter	 meter	 medalj	 kanske	 om igen
 resultat	 tavla	 tävla	 medalj	 fråga	 färdig

 var?	 när?	 toa	 trött
 vem?	 hur?	 törstig	 fryser
 Hur länge?	 vad?	 börja	 sluta
 varför?	 mer	 vill	 inte
 fråga	 färdig	 paus	 om igen