

08/06/10 - Swimming Week

This week I had an intensive swimming course ? 30 minutes, a whole half hour, every day.

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I closed my eyes and jumped into the water with my ring float on at the deep end and I touched the bottom of the pool! I put my head right under the water and kept my eyes open for a bit.

I let go of my teacher, Zelda, and floated in a star shape on my back.

I played with a lot of toys in the pool after I'd had my lesson and I especially enjoyed the water pump