

Sports and English Winter Stage
STAGE INVERNALE LINGUISTICO-SPORTIVO

“A little bit of SELF-DEFENCE...IN ENGLISH!”
WORKSHOP DI DIFESA PERSONALE IN LINGUA INGLESE

SWIMMING POOL TRAINING

***starting
position***



***breath
OUT...***



and... DOWN!



It's not difficult!



*keep calm...
and RELAX!*

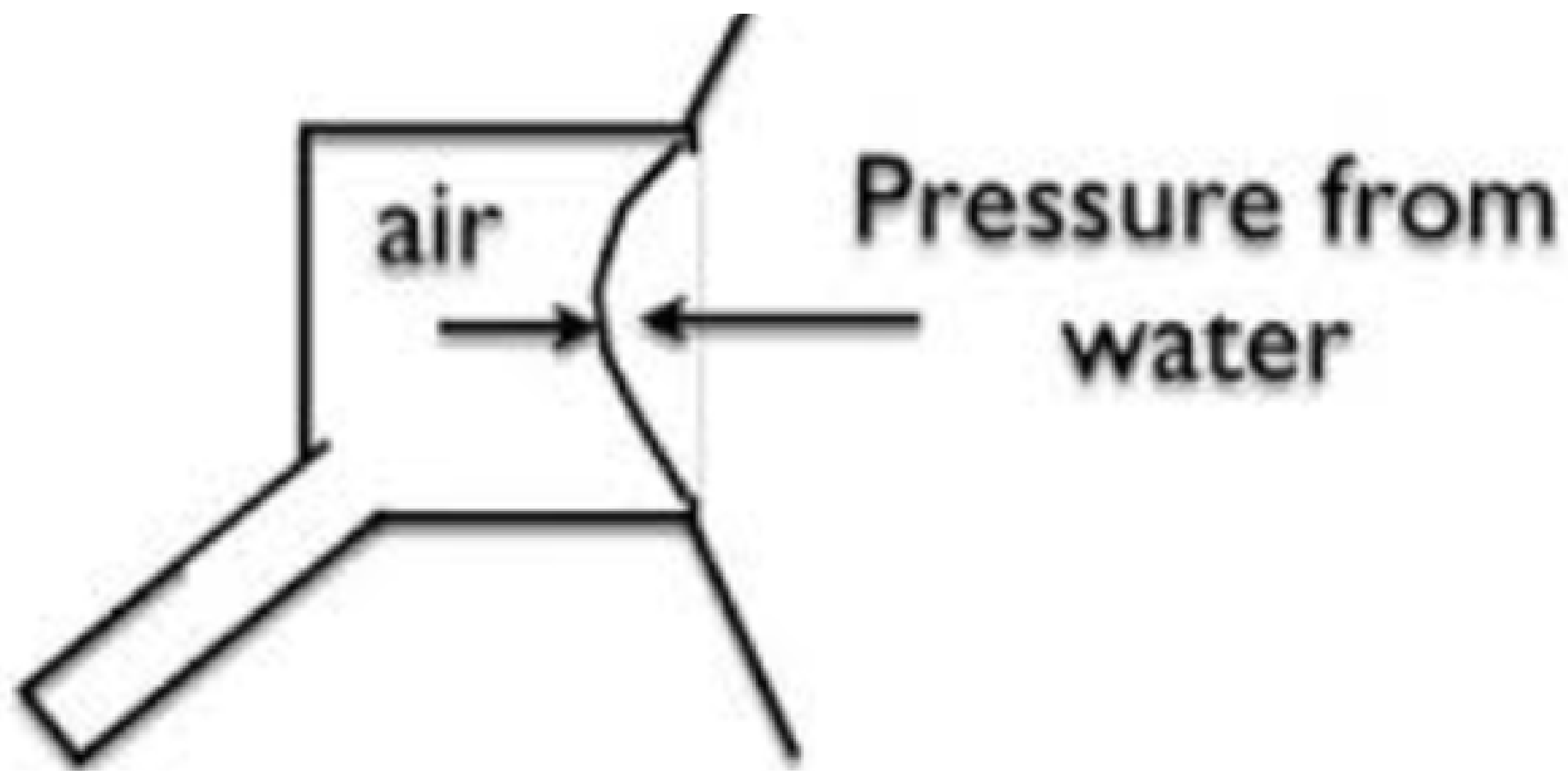


*but before starting,
we must say a few
words about your
EARS!*





Eardrum

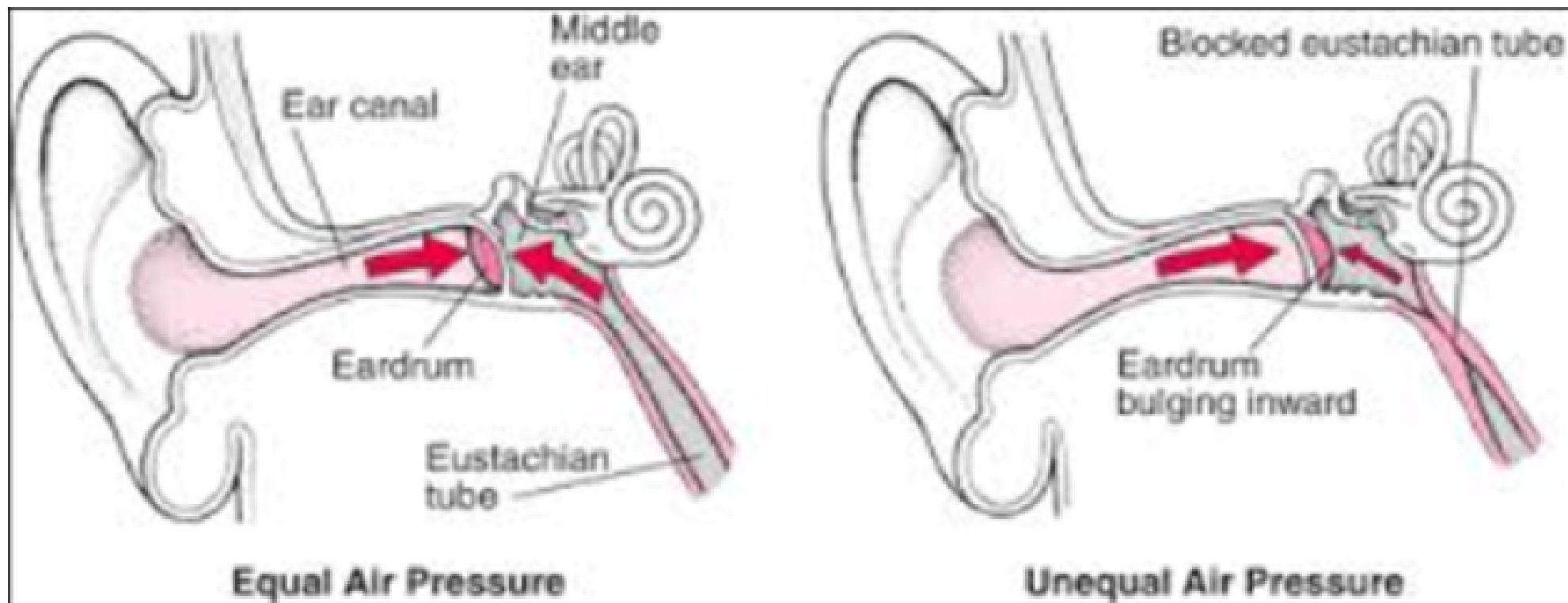




DON'T FORGET:
you must EQUALIZE
YOUR EARS!







**EQUALIZE AIR
PRESSURE IN
MIDDLE EAR!**



**IF YOU
CAN'T
EQUALIZE,
STOP!**



Well!
Take care and...
HAVE FUN!

