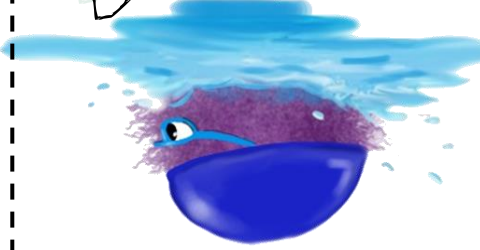
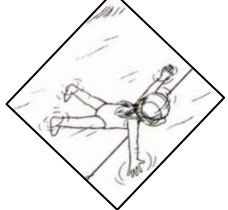


Palier 1

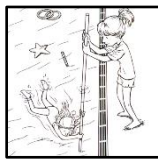
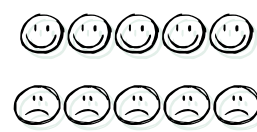
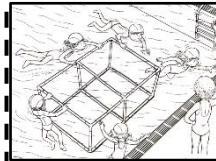
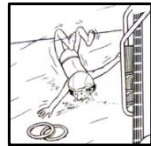


Paulettratinette

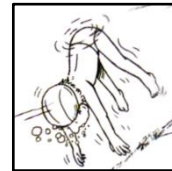
Mon petit livre de natation



Immersion



Respiration



Les paliers

- Premiers pas
- Préparation palier1
- Palier1
- Palier2
- Au-delà palier2