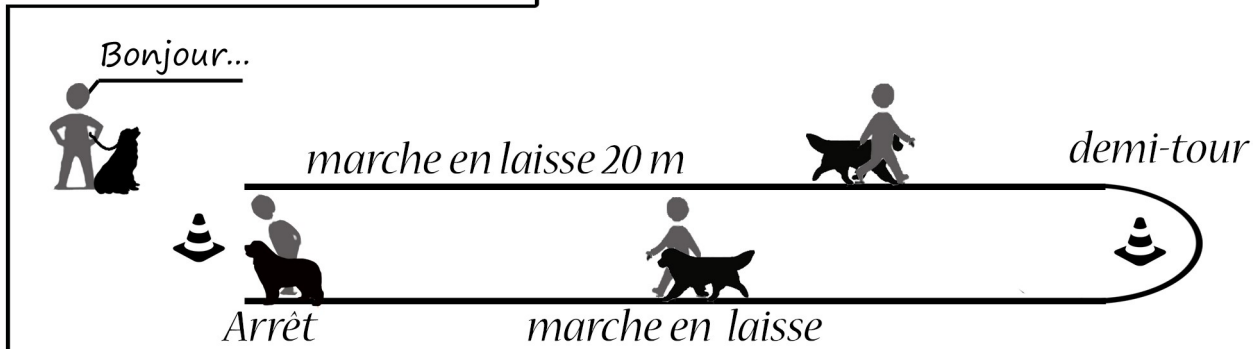


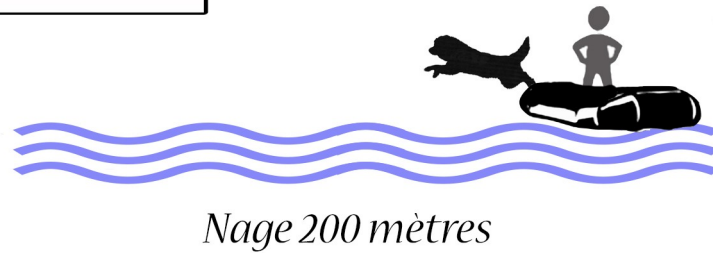
# Fiche mémo du 1er degré



## A-Assouplissement

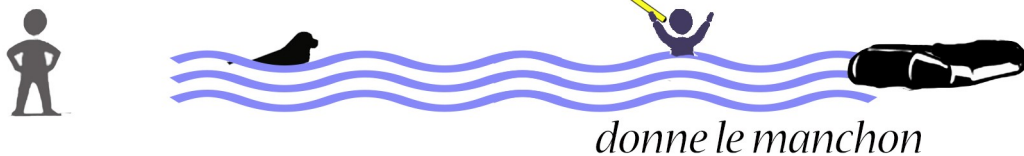


## B- Natation

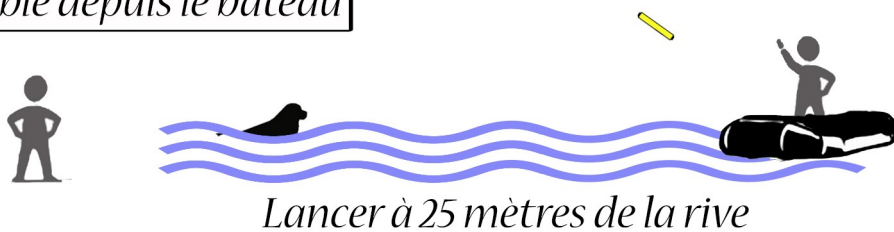


## C- Apportable de la rive

Plongeur à 20 mètres de la rive



## D- Apportable depuis le bateau



## E- Impression générale

