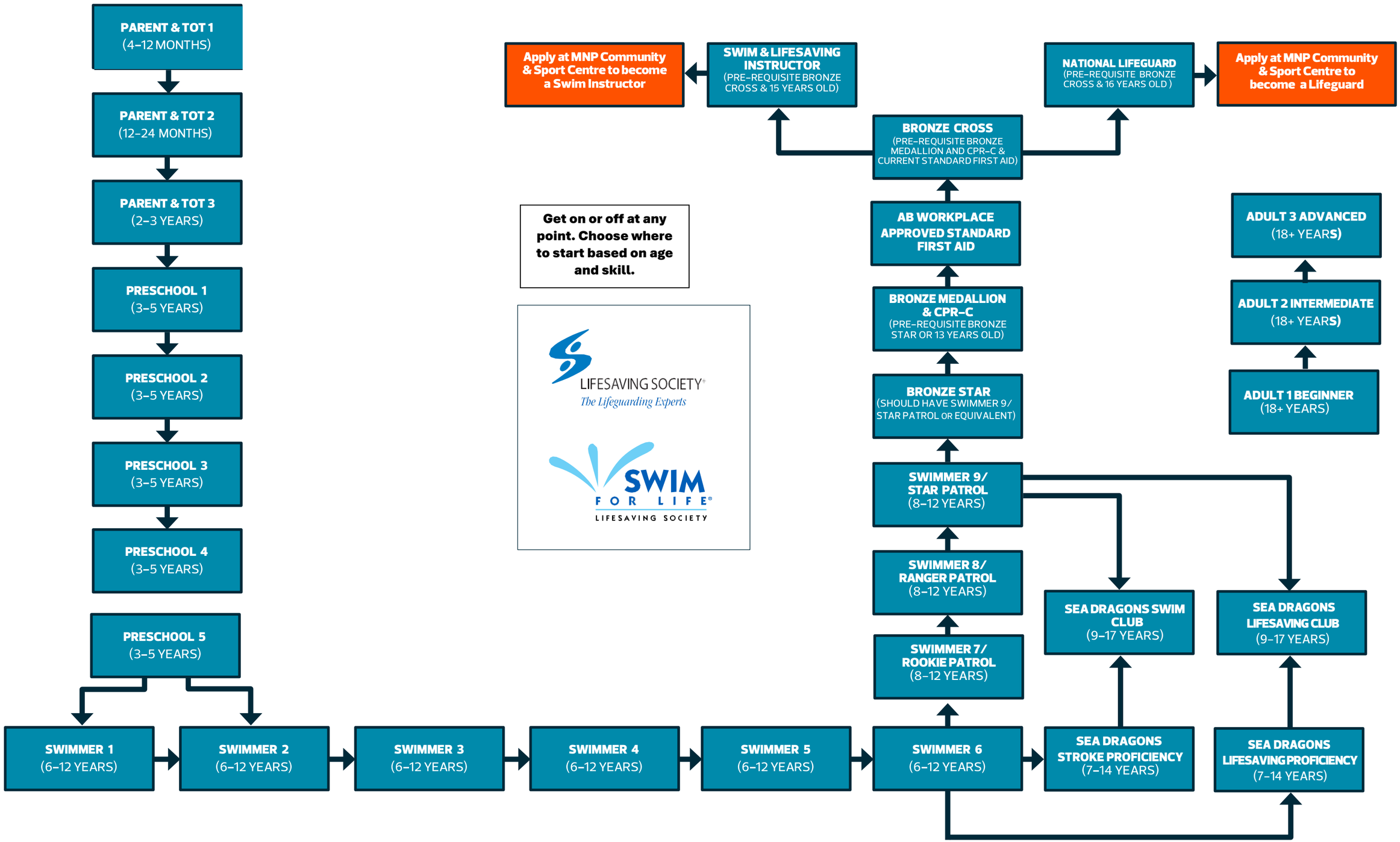
AQUATIC LESSON PROGRESSION CHART

MNP COMMUNITY & SPORT CENTRE