

# Balance Module – Lesson 3

Hooray, it's Pool Day.

I've put all the videos for the balance module on this page. The complete session is 22 1/2 minutes.

See how many you can remember before you check the video.

I've included a link to a cheat sheet at the bottom of this page. You can print it and take it to the pool with you. You can add your own notes for any exercises you are still unsure of. I put mine in a ziplock bag to keep it dry.

Take some time to do your breath practice before you go and then see if you can remember to breathe and exercise.

Don't forget to go to the facebook page when you get home, and tell me, what extra notes did you take with you to remember? Did you remember how to do everything? What did you notice in the water?