Swim Sales Bingo

50 Free K @ 1:15	1 x 25 Butterfly Swim	2 x 25 From Start for T	4 x :30 Sec Vertical K Swim	200 K (25 F 25 Brst)
100 IM K	50 Dolphin K	25 You Decide	1 x 50 Breaststroke Drill	4 x 25 Increase UW Dolphin K
50 Brst K w/Board	SL Walk Around Pool	ROYAL FLUSH	10 x Get Outs	2 x :20 Wall Sits
2 x :30 Flutter Bobs	4 x Monkey Walk 10 SL Squats	2 x :30 Sec High Knees	2 x :20 Sec Flutter Kicks	25 Free/ 6 Strokes Somersault
2 x 25 Hotdog	100 Freestyle Swim	3 Perfect SL	Tell Shannon a Joke	2 Min Kick

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Swim Sales Bingo

SL Walk Around Pool	1 x 50 Breaststroke Drill	4 x :30 Sec Vertical K Swim	100 IM K	25 You Decide
2 x 25 From Start for T	Tell Shannon a Joke	200 K (25 F 25 Brst)	100 Freestyle Swim	4 x 25 Increase UW Dolphin K
2 x :30 Flutter Bobs	10 x Get Outs	ROYAL FLUSH	2 x :20 Wall Sits	1 x 25 Butterfly Swim
2 x :20 Sec Flutter Kicks	3 Perfect SL	50 Free K @ 1:15	2 Min Kick	4 x Monkey Walk 10 SL Squats
2 x :30 Sec High Knees	25 Free/ 6 Strokes Somersault	50 Brst K w/Board	50 Dolphin K	2 x 25 Hotdog

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Swim Sales Bingo

100 Freestyle Swim	3 Perfect SL	1 x 50 Breaststroke Drill	25 Free/ 6 Strokes Somersault	10 x Get Outs
50 Free K @ 1:15	2 x :30 Flutter Bobs	2 x :30 Sec High Knees	50 Dolphin K	200 K (25 F 25 Brst)
50 Brst K w/Board	2 Min Kick	ROYAL FLUSH	4 x Monkey Walk 10 SL Squats	2 x :20 Sec Flutter Kicks
SL Walk Around Pool	4 x 25 Increase UW Dolphin K	4 x :30 Sec Vertical K Swim	Tell Shannon a Joke	2 x 25 From Start for T
2 x :20 Wall Sits	1 x 25 Butterfly Swim	25 You Decide	100 IM K	2 x 25 Hotdog

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