

APNÉE

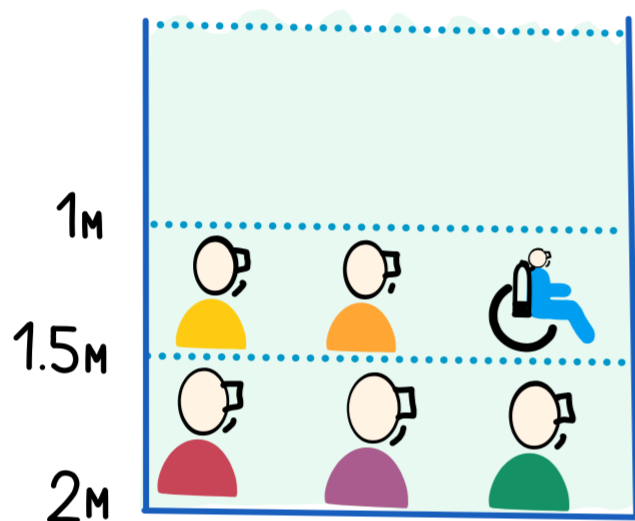


AMMASSER UN MAX DE

1 IMMERSION EN CANARD

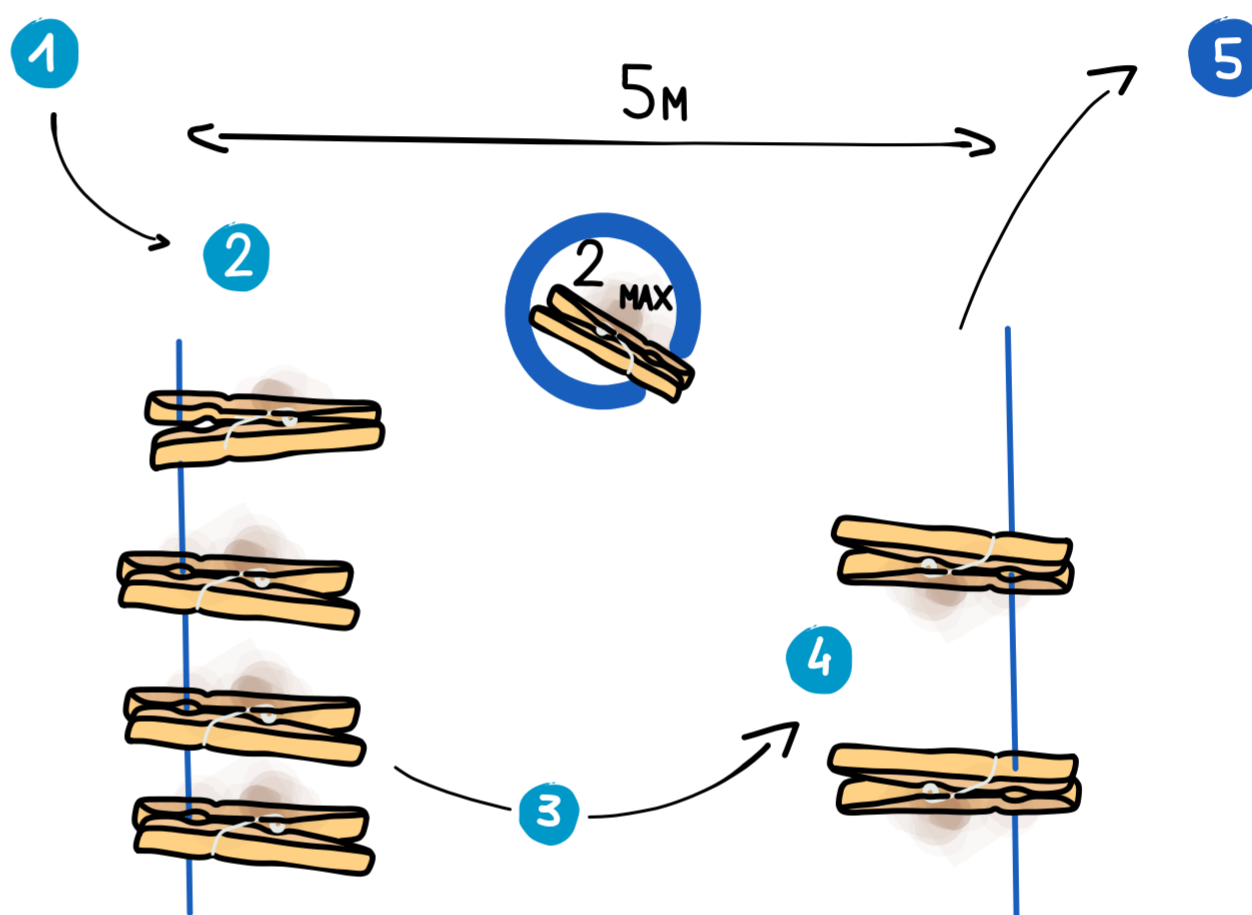
2 JE PRENDS  OU 

3 JE NAGE SUR UN FOND DE



4 J'ACCROCHES MES 

5 RETOUR SURFACE



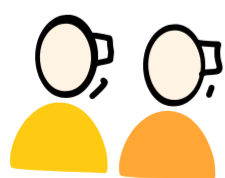
3 x 5M

5 x 5M

8 x 5M

10 x 5M

3 x 5M



POUSSIN
BENJAMIN



MINIME



CADET



JUNIOR



HANDI