

# LET'S GO TO THE WATER

Let's go to the water you and me  
Swim around like fishes in the sea  
Doggie paddle, scissor kicks,  
lots of underwater tricks  
A pair of water babies we shall be

Diving through the air we're flying free  
Blowing bubbles everyone can see  
Floating in that great big blue  
breaststroke, backstroke, just us two  
A pair of water babies we shall be

Song by Janet Ayres and Matt Parsons



**This quirky quick  
step number will  
have you  
splashing about  
in no time!**



**This joyful mini-film is a  
nod to synchronised  
swimmers who take us  
across and under the  
water.**



**This guided  
movement  
meditation  
encourages you to  
connect with the  
fluid systems of the  
body and  
experience  
movement from  
this place.**