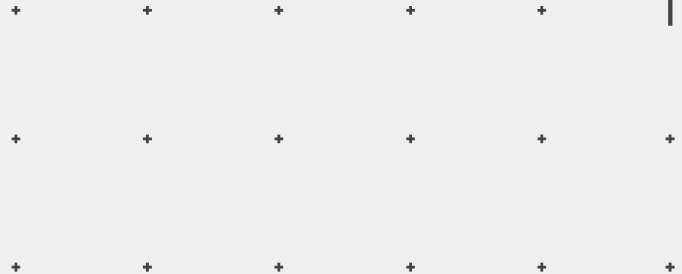


A person is shown from the back, sitting on a surfboard in the ocean. The person's hair is wet, and they are looking out towards the horizon. The sky is a deep blue with many small white stars, suggesting a night or twilight setting. The water is dark blue with some white foam from waves. The overall mood is serene and adventurous.

# *Aktivitas Aquatik*

# Pengertian Renang

*Olahraga renang merupakan suatu kegiatan olahraga yang dilakukan di air dengan hanya menggunakan tubuh, tanpa menggunakan alat bantu.*



# Manfaat olahraga Renang

Membentuk otot Saat berenang

Meningkatkan kemampuan fungsi jantung dan paru-paru

Menambah tinggi badan

Membakar kalori

Melatih pernafasan

Self safety

Menghilangkan stres



# Macam-macam Gaya Renang

**Gaya Bebas  
Gaya**

**Gaya  
Punggung**

**Gaya  
kupu-  
kupu**

**Gaya  
Dada**



# RECOMMENDATIONS

## MARS

Despite being red, Mars is  
a cold place, not hot

## JUPITER

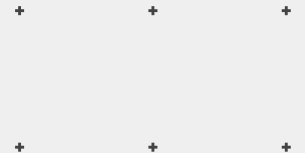
Jupiter is the biggest  
planet in our Solar System

## VENUS

Venus has a beautiful name,  
but it's terribly hot

## MERCURY

Mercury is the smallest  
planet in our Solar System





# WORKSHOP INFORMATION

EVE PATTERSON

Price:

Location:

Age requirement:

Date & time:



# THANKS

Does anyone have any questions?

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