



# 101 Cool Pool Games for Children: Fun and Fitness for Swimmers of All Levels (SmartFun Activity Books)

*Kim Rodomista*

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The benefits of water exercise and play have been well documented, and it's never too early to begin. This practical guide for children 4 and above contains games and activities for every skill level. All 101 games - from variations on classics like Follow the Leader to new ones like Message in a Bottle - are simple, easy to learn, and enjoyable for youngsters to play over and over again. Best of all, they burn calories and improve a child's overall fitness level. A special section covers exercises, including water walking and jumping and balance activities.

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