

SWIMMING SCHEDULE (2023-24)

Dear Parents,

- Swimming is an exciting and enriching experience and also helps to beat the heat. Swimming is also one of the best forms of exercises that enhances endurance, power, strength and flexibility.
- The School has a main Swimming Pool and a Toddler's Pool which cater to the needs of all students, where the basics of swimming are taught.
- The Swimming lessons will commence w.e.f. 05 April, 2023 and will continue to be imparted till Mid October, 2023 (subject to weather conditions).

It is to be noted that, swimming is compulsory for all classes except X & XII.

- A tote bag is to be sent on the day of swimming having the following items duly labelled.
 1. Swimming Costume (for girls)
 2. Swimming Trunk (for boys)
 3. Towel/Bathrobe (Age Appropriate)
 4. Cap
 5. Comb
 6. 1 Set of Extra Clothing
- In case, your ward is not fit to undertake swimming lessons on any particular day, please send relevant medical papers duly endorsed by a Registered Medical Practitioner to the Class Teacher for the purpose.

WISHING YOUR WARD A COOL AND A REJOICING DIP IN THE POOL.



Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

VPL /HM (Sr) / HM (Pr) / HM (PP) (via e-mail)
Website I/C, All staff (via e-mail)
Anjani (File)

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