



KOTHARI INTERNATIONAL SCHOOL

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We are pleased to inform you about the **Elite Excellence Swimming Training Program (EESTP)**. This program is designed for students who are passionate about swimming and wish to pursue it at a higher level. The Elite Excellence Program will be conducted on a paid basis and will involve high-intensity training sessions.

The Elite Excellence Swimming Training Program will be organized early in the morning to accommodate the regular school schedule. Students interested in participating in this program are encouraged to enrol at the earliest opportunity.

Details of the Elite Swimming Program are as follows: -

1. Time - 5:45 am to 7:45 am.
2. 45 mins ground fitness session.
3. 1 hour swimming pool session.
4. Swimming stroke specific coaching program.
5. Technique based coaching program.
6. Advance level of exposure.
7. Inter school exposure session

We believe that participation in sports not only promotes physical fitness but also teaches valuable life skills such as discipline, teamwork, and perseverance. We are committed to providing our students with opportunities to excel in sports and achieve their full potential.

If you have any questions or require further information regarding the Elite Excellence Program, please do not hesitate to contact us. Mr. Narbada Singh Mob +917533028429, Mr Shubham Mob-8527800812.

Regards

Dr Sangeeta Arora
Principal