

## REGISTRATION FORM

Name: ..... Class/Sec: ..... DOB: .....  
Blood Group: ..... Gender: M/F Cheque No: ..... No. of days: .....  
Session: Morning/Evening/Both ..... Parent Name .....  
Contact No: ..... Address .....  
.....  
Sign.....  
Date of registration: ..... Coach Sign ..... Principal Sign .....

**Note:-** Demand Draft may please be favoured on the name "Kensri Trust Sports"

### COACHING STAFF

#### Coach

Vinod R

**ASCA LEVEL 1 & 2 Certified**

**10 Experience**

#### Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewellerys etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Keep the facility clean.



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Bengaluru - 560 024.

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# KENSRI SWIMMING



**KENSRI SCHOOL & COLLEGE**  
KENSRI Excellence Development System





## KEN SWIMMING

Swimming is a sport that is enjoyed by all ages. The ability to swim enables people to participate in a wide variety of water sports. Swimmers are usually taught the four swimming strokes used for competitions; the front crawl, backstroke, breaststroke and butterfly, which are swum either as a single stroke or in combination over various distances.

Swimming is a relatively injury-free sport and was found to be the safest among all sports. It is non-load-bearing and does not involve antigravity work, resulting in fewer injuries. The injuries that do occur are usually due to overuse, doing too much too quickly, or breaking the rules. Swimming programmes are helpful for both the mentally and the physically handicapped as they weigh less in water, and this makes it easier for them to move their muscles, enabling them to improve muscle tone and co-ordination of movement. Pregnant women can swim during their pregnancy while many other sports are not suitable.

Swimming is also useful in rehabilitation of injured athletes. Patients with rheumatoid arthritis can improve their aerobic capacity by swimming in warm water. Asthmatics should be encouraged to swim, as swimming is the sport that is least likely to precipitate an asthmatic attack, and the fitter they are the fewer attacks they have; swimming improves their breathing. Asthma is not a handicap in achieving excellence in sport as shown by the number of Olympic gold medal swimmers who were asthmatics.

## Rules and Regulations:

Please obey the pool rules and follow any instructions given. Notify the lifeguards or coaches of any relevant medical conditions that may affect you during your training.

Equipment - Training fins and hand paddles may be used but snorkels and masks are not allowed.

Please note that we do not lend out any pool equipment or training aids.

Photography - The use of cameras or mobile phones are not permitted

Clothing - only appropriate swim wear will be allowed in the pools.

### FREE STRUCTURE - SWIMMING

Week days			
Children		Adult	
Morning	Evening	Morning	Evening
07:00 - 08:00 am	03:30 - 04:30 pm 04:30 - 05:30 pm	07:00 - 08:00 am	04:00 - 05:00 pm
KENSRI students (5 days class)	₹ 3500/-	(5 days class)	₹ 4000/-
KENSRI students (3 days class)	₹ 2500/-	(3 days class)	₹ 3000/-
Outsiders	₹ 3500/-		
Weekends			
07:00 - 08:00 am 08:00 - 09:00 am	03:00 - 04:00 pm	07:00 - 08:00 am	03:00 - 04:00 pm
Children	₹ 2000/-	For adults - ₹ 2500/-	
Swimming per hour charges for member/casual swimmers - ₹ 200/-			