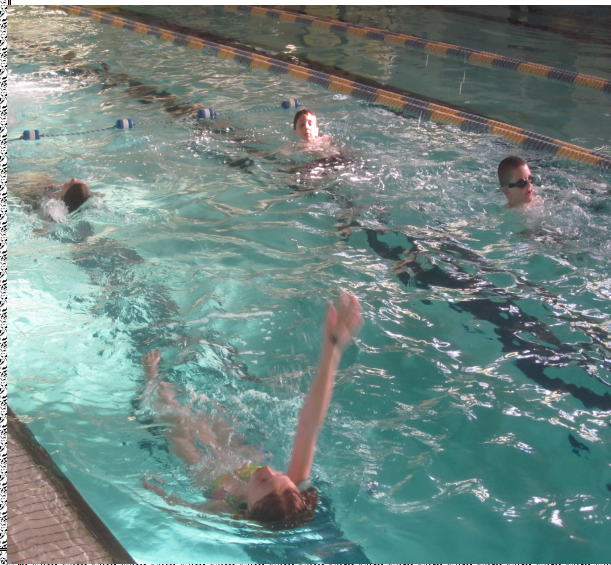


N.E.S 3rd Grade Swim Program

Hi Kids, do you like swimming?
This brochure will give you some swim tips that you will learn in the NES swim program.

Even if you don't like swimming this brochure contains important swim facts for everyone.



Here are some tips to make you a better swimmer.



1. Always remember to swim with an adult.
2. Remember to rotary breathe while you swim.
3. Swim where you know you can swim safely.
4. Treading water is another skill to keep your head above water.
5. Floating is important in the NES swim program.

In the NES Swim Program you learn how to dive, float, and do glides too.



Also, you learn how to use kickboards and do horseshoe swimming. At the end of the class you get to free swim!



By Adam Belluci