

Edmond Swimming
KEEP-N-SHAPE PROGRAM

WHO: All current and future EPS high school swimmers 6th through
11th grade

WHAT: We will focus on techniques to improve swimmer abilities
using the four competitive strokes - butterfly, backstroke, breaststroke
& freestyle. We will also work to improve on both starts and turns.
Swimmers will further learn to pay attention to the mental aspects
involved in races. It will be fun getting to know other Edmond
swimmers from all three high schools.

WHERE: ESAC Pool at Mitch Park

WHEN: Mon, June 5 through Thurs, July 20

We will swim M, T, W & Th from 10:00 – 11:15 am

HOW MUCH: \$150 to be paid on the first day

Regards,



Erin Devoe

Site Coach ENHS Swimming