

# Lakeshore Swim Club

## Last Summer Camp



CHOOSE ONE OR BOTH

▶ AUGUST 23 - 29

▶ AUGUST 30 - SEP 3

8:30AM TO NOON

Gus Ryder Pool and Health Club

**\$160/week\***

2nd Week just added.

\*Add \$32 if not currently registered with Swim Ontario

Make cheques payable to  
*Lakeshore Swim Club*

### GET THE SWIM SEASON OFF RIGHT – BY GETTING IN THE WATER EARLY

We are offering 5 mornings of aquatics. This will include competitive swimming (emphasis on drill and technique), some water polo (drill and fundamentals of the game) and dry land exercises for all ages (core body, stretching). We will be introducing guest coaches and swimmers through the week to keep things interesting.

08:30 – 9:00	Stretching / Body Strength
9:00 to 11:00	Rotations of drills, swimming lessons related to all strokes.
11:00 – 11:30	FUN and Games
11:30 – noon	Stretch period

The days will not be the same. The first week will have more emphasis on lessons and drills—perfect for 10 and under swimming. The second week will have more emphasis on competitive swimming skills and technique—perfect for the 11-13 year old swimmer. Of course you can come both weeks .. they will be different and we will organize activities by age group.

The camp is open to swimmers 7 to 13 years of age. All activities are age appropriate.

- > **Improve Technique**
- > **Aerobic Fitness**
- > **Stroke Improvement**
- > **Race Strategy**
- > **Technique and Skills**
- > **FUNdamentals**
- > **Core Body**
- > **Swim Faster**
- > **Learn**



**Eric Martin**—Head Coach LSC, 10+ years of experience at all age groups and abilities

**Jane Wright**—Aquatic Hall of Fame, '72 Olympics, Coach , LSC

Register

[www.lakeshoreswimclub.com](http://www.lakeshoreswimclub.com)

A maximum of 40 swimmers/week can be accepted.

Questions:

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