

## Swimming Summer Camps 2019

The De La Salle Summer Swimming Camps are open to all competitive swimmers.

The camps will be progressive in nature over the full 3 weeks. Sessions will be primarily focused on technique development covering all 4 strokes, starts, turns, etc. Swimmers of all ages will be introduced to race strategies for multiple distances, including distances beyond those in which they currently compete.

All swimmers must have one summer of swim team experience, legally perform all strokes and be able to complete a 100 IM in the times listed.

| <i>Schedule-M, T, Th</i>                        |        |           |          |        |
|---|--------|-----------|----------|--------|
| Session 1: 6/10, 11, 13, 17, 18, 20, 24, 25, 27 |        |           |          |        |
| Session 2: 7/8, 9, 11, 15, 16, 18, 22, 23, 25   |        |           |          |        |
| Age   | 100 IM | Time      | Capacity | Price  |
| 6-un  | 2:15   | 3:30-4:15 | 12       | \$ 200 |
| 7-8   | 2:00   | 3:30-4:15 | 12       | \$ 200 |
| 9-10  | 1:40   | 4:15-5:15 | 12       | \$ 250 |
| 11-12   | 1:25   | 4:15-5:15 | 12       | \$ 250 |
| 13-14   | 1:15   | 5:15-6:15 | 12       | \$ 300 |
| 15-up   | 1:15   | 5:15-6:15 | 12       | \$ 300 |