

2022- Commuter Swim Camp

Must come in swimsuit. Bring own water bottle and towel

8:45 – 9:00 am- check in (table in hallway at top level of aquatics center) Swimmers go immediately down to the stands on deck. Parents depart or they may stay in upper stands to watch camp. Please check in your swimmer on the first day. On Day 2-4, you may drop them off at the main entrance to the CRC. We will have camp staff in the lobby of the CRC to get them to the right spot.

9:00- 9:20 am- Chalk talk in the stands – breaking down stroke technique and starts and turns

9:30- 11:30 am- Water session

11:30-11:45 am- Grab a towel, your mask, and head to stands

11:45-12:00 pm- Wrap up and Departure

Monday- Freestyle

Tuesday- Backstroke

Wednesday- Breaststroke

Thursday- Butterfly