



SWIM TEAM

ST. CROIX SWIMMING ASSOCIATION

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Dolphins Swim Camp

At the Dolphins Fun Camp, we offer a variety of activities for each child to enjoy. Groups are formed by ages, and each group partakes in swim lessons, as well as fun and creative Arts & Crafts and playground activities. The little ones (ages 4-5) also appreciate a story time in their day, while all other camp participants can carry their bursting energy onto the sports field. All activities are kept lively and exciting. The kids leave proudly with a new craftwork in hand and eager to share all of their stories from the day.

Swimming:

We have seen what an impact teaching children how to swim makes in their life. All campers in the program receive an introduction to water safety and practice basic swimming skills, using a progression methodology to adapt the level of instruction to suit the child's needs from swimming at a "basic proficiency" level up to mastery of basic swimming skills. The Dolphins Summer camp goal is to make every camper feel comfortable in a pool setting, giving children the opportunity to learn vital water safety and swimming skills.

Art & Craft:

Every week during camp we celebrate different themes. The art & craft projects are designed based on the theme of each week. Through arts and craft the camper is able to engage multiple parts of the brain simultaneously improving bilateral coordination. The activities are designed to accelerate the development of the muscles in the hands and fingers, improving their fine motor as well. Campers are encouraged to work with fellow campers giving them a great way of bonding and creating lasting memories.

Sports & Playground Activities:

During the camp we have different sporting activities to keep the campers active and involved. We play soft ball, kick ball, basket ball and tag. We play different board games to expand their mental abilities as well. Through sports and playground activities campers learn friendship through competition.