

2017 SPRING BREAK SWIM CAMP

WHEN: Monday and Tuesday 8:00 am – 5:00 pm, March 13 – 14

WHERE: Cypress Aquatic Center

WHO: USRP Junior Racers and Purple level Little Racers. Other Little Racers or swimmers from other teams may attend with special permission.

COST: \$55 per camper

LIMIT: Only 20 swimmers will be accepted based on order of registration and payment.

CAMP DIRECTORS: Anne Grams 386-451-1910 and Holly Winhoven

WHAT TO BRING: Workout clothes, sunscreen, swim suit, two swim caps, two pairs of goggles, fins, lunch and snack for each day

DAILY SCHEDULE (subject to change):

8-8:15	Check in, camp rules and discussion
8:15-9:00	Dry land, stretching, yoga
9-9:30	Lecture/swim videos
9:30-11	Swim session #1
11-11:30	Free time in the pool
11:30-12	Lunch
12-12:30	Swim bingo
12:30-1:30	Nutrition activities
1:30-2:00	Lecture/swim videos
2:00-2:30	Snack and dryland
2:30-4:00	Swim session #2 (includes one private 15-minute session with Coach Anne or a Senior Racer under her direction)
4-5:00	Swim craft

NOTE: This is a serious swim camp, presented in a fun, age-appropriate way. Campers need to know that we expect their full cooperation and attention throughout the day. Make sure that your child is ready to participate before signing up.

[Click here for Registration Form](#)