



Sport & Swim Camp 2024 Activity Calendar

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Week Of: July 29 – August 2

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Swimming ability test Swimming equipment set up Stroke Development: I.M. Swim stroke techniques Arts & Crafts 	<ul style="list-style-type: none"> Water polo Game rules and techniques Water polo game Arts & Crafts 	<ul style="list-style-type: none"> Synchronized swimming basics Synchronized Swim techniques Put your routine together Arts & Crafts 	<ul style="list-style-type: none"> Open water instruction Open water techniques and race strategies Mini race at the pool Arts & Crafts 	<ul style="list-style-type: none"> Stroke Development Arts & Crafts Free Swim Pizza and Icees
Special Things to Bring	Special Things to Bring	Special Things to Bring	Special Things to Bring	Special Things to Bring
<ul style="list-style-type: none"> Swim cap Swim goggles Fins (Optional) 	<ul style="list-style-type: none"> Swim cap Swim goggles Fins (Optional) 	<ul style="list-style-type: none"> Pizza Money- \$5 for 2 Pizza Slices, chips, and water Icee's \$5 per cup Please put see check out desk for pizza 	Pizza/Icee Money is DUE TODAY!	<ul style="list-style-type: none"> Swim cap Swim goggles Fins (Optional)

Below are list of items campers will need to bring DAILY...

Lunch, two snacks (morning snack & afternoon snack), water bottle, towel, sunscreen and dry clothes. Please come dressed in swim suit ready to swim.

****Please label all children's belongings with their first and last name****

Schedule & Activities are subject to change without notice