



Does your child love to swim?

Come out to:

York Swim Club's Summer Swim Camp!

This camp is offered to all swimmers between the ages of 6-17 (must be comfortable in deep water and swim 25 m continuous)

- Improve overall swimming technique in all four competitive strokes
- Swimmers will take part in rhythm exercises to improve coordination, dry land training for cardiovascular improvement as well as fun and games.

Smythe Park Pool

- 3 week session—3-20 July (Monday to Friday)
- 8:30 am — 11:30 am
- 175 Scarlett Rd, Toronto, ON M6N 5A6

Pricing

- Session (14 days)
 - \$320 for new members
 - \$200 for existing York Swim Club swimmers

Register Now - Space Limited



Summer Swim Camp



Swim Camp Overview:

- 8:30-10:00 am—Pool Training (Stroke Improvement, Fitness, Dives/Turns, Games)
- 10:00-10:30 am—Change and Snack time
- 10:30-11:00 am—Dryland exercises (Running, rhythm and strength exercises)
- 11:00-11:30 am—Games & Fun
- 11:30 am — Pick-up

What to bring:

- Swimsuit, goggles, swim cap (fins & kickboard if you already own)
- T-shirt, shorts, running shoes
- Snack (preferably fruit)
- Water bottle
- Sunscreen
- Hat (optional but recommended)

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E-mail - yorkswimclub@gmail.com

Phone - 647-223-SWIM (7946)

Visit - www.yorkswimclub.ca



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