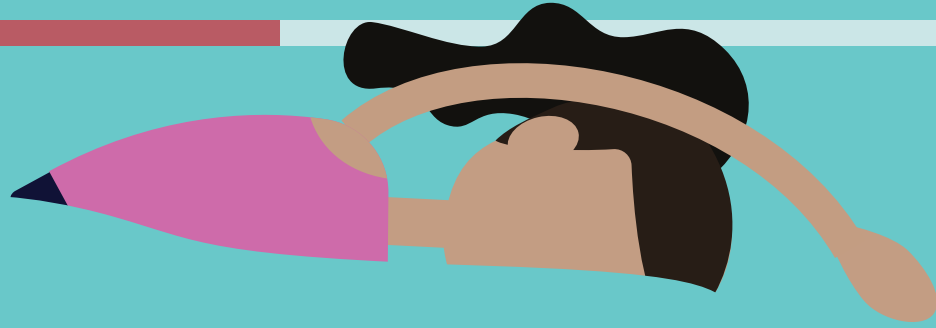


2021 Swim Like A Dolphin STROKE TECHNIQUE CAMP



Our Stroke Technique camp has helped over a thousand children learn proper technique for the competitive strokes. During the camp we cover a “stroke per day” teaching the correct pull patterns, kicks, recovery positions, breathing and stroke tempo. We also talk about the spirit of competition, good sportsmanship and teamwork. Kids love it as coaches and swimmers alike have a blast! Participants must be water safe and have had swim instruction through the Swim Team Prep (or equivalent) level.

Ages: 6 - 12 year olds

Dates: June 7 - 10

Days: Monday - Thursday

Time: 10:45 am - 12:00 pm

Pool: LRRC 50-meter pool

Fee: \$130 per swimmer

**camp size is limited*

REGISTER TODAY!

www.ardolphins.com