FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAMDEN/NORTH HAVEN YMCA
Camp Mountain Swim Camp: August 14-18, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Freestyle **Beginner:** Stroke Development **Intermediate:** Stroke Improvement **Advanced:** Stroke Refinement 	**Backstroke** **Beginner:** Continuation of Freestyle **Intermediate:** Stroke Improvement **Advanced:** Stroke Refinement 	**Breaststroke** **Beginner:** Backstroke Development **Intermediate:** Stroke Development **Advanced:** Stroke Improvement 	**Butterfly** **Beginner:** Continuation of Backstroke **Intermediate:** Stroke Development **Advanced:** Stroke Improvement 	**Don't Spill My Coffee** Swimmers will take turns swimming their team's "coffee" from one end of the pool to the other trtying not to spill its contents the fastest.

Beginner: Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking & arms, gliding from the wall with their faces in the water and floating.
Intermediate: Children must be able to swim 15 yards without flotation. Focus on learning proper front crawl technique with rhythmic breathing. Increasing backstroke endurance, and introduction to breaststroke and butterfly.
Advanced: Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Focus on increasing their swim endurance while they advance their technique and learn breaststroke and butterfly movements.

- Please remember to pack a swimsuit, towel, sun screen, bug spray, and lunch each day to camp.
- Nut –free lunches must be packed each day your child attends camp. Please send a water bottle that can be refilled throughout the day as well.
- Lost and Found items are collected/returned daily. Please label all of your child's belongings to ensure that they find their way home throughout the summer.
- The camp phone number is 203-248-1792, 9:00-4:00pm. After 4:00pm, and before the camp season begins, please call the Main Y, 203-248-6361, with camp questions.

HAMDEN/NORTH HAVEN YMCA
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