



**Register Now!
Space Available**

WAHOO SWIM CAMP

GRADES 1 - 9 / AUGUST 14 - 18

This full day, week long noncompetitive technique based program focuses on building strong components of skills in all four racing strokes through drills and activities. Increasing strength and performance in swimming, flip turns, starts and fundamentals. Each day will be a new stroke with instructions through a drill circuit at the outdoor pool in the morning, dryland strength development, video analysis and discussion session, finished off with a swim team style practice to tie in lessons of the day together. Wahoo Swim Club coach; Dominik Danko and Aquatics Director; Kelly Sampson will be directing all activities and instruction.

Swimmers must be evaluated in the 50yd Freestyle, Backstroke, Breaststroke, and 25 Fly before registering.

Worcester JCC

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For more information:

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