

2018 Summer Swim Programs



JCC Member ____ Non Member ____ Temple/Synagogue ____

Camper Name: _____ Age: _____ DOB: ____/____/____

What School Does Child Attend: _____ Grade Entering Fall '18 ____

How did you hear about camp? _____

Parent/Guardian: _____ Email Address: _____

Primary Phone: _____ Secondary Phone: _____

Emergency Contact: _____ Phone: (____) _____ - _____

Allergies and Limitations: _____

Summer Swim Lessons - Monday through Thursday

\$55/M \$80/NM

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Preschool, Ages 3-5
3:30-4pm | <input type="checkbox"/> Grades K-6 | <input type="checkbox"/> Level 1&2
4-4:30pm | <input type="checkbox"/> Level 3&4
4:30-5pm |
| <input type="checkbox"/> Week 1 June 18 – June 21 | | <input type="checkbox"/> Week 5 July 16 - July 19 | |
| <input type="checkbox"/> Week 2 June 25 – June 28 | | <input type="checkbox"/> Week 6 July 23 – July 26 | |
| <input type="checkbox"/> Week 4 July 9 – July 12 | | <input type="checkbox"/> Week 7 July 30 – August 2 | |

Wahoo Swim Camp - Monday-Friday, 9am-4pm – Week 9 (August 13-17)

Week 9 \$250/M..... \$290/NM

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;** Ben Tucker 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.
* Entering Grades 1-9, in Fall 2018.

Authorized Signature _____ Date: ____/____/____