

# Swim Camp at Riverdale High School

## Monday June 12 – Thursday June 15



The Swim Florida Lehigh pool is putting on a swim camp at the Riverdale High School (we are also using this a fundraiser). The camp is a short day camp 8:00 am – 2:00 pm each day with an approximate itinerary:

8:00-10:00 am	Workout
10:00-10:55 am	Changing and Stretching/Dryland
11:00 am	Lunch is provided
11:30 am	Talk, Video presentation & Dryland
12:30-2:00 pm	PM Practice including Drills
2:00 PM	End of the day for the camp.

(The high school is doing conditioning at 2:00 pm so we will have coaches at the pool/school to a little after 4:00 pm unless they are canceled due to unforeseen circumstances).

All activities that are not in the pool will be held inside the school, either in the Gym, the Cafeteria or Auditorium. We will have at least one college swimmer working with the camp.

Please bring Running Shoes, Shorts, Shirt(s), Swim suit (might be good/nice to have two (2) suits), Towel (might be good/nice to have two (2) towels), Training equipment if you have your own (fins, paddles, kickboard), Water bottle(s), Sunscreen

The cost for the camp is either **\$45/day** or a total of **\$140 for all 4 days**. Please pay via the web site, bring cash or check the day of the camp, make checks payable to **Swim Florida**.

Sibling discount 2 swimmers \$250, 3 swimmers \$375.

We have limit the camp to 36 swimmers.

To sign up for the camp or to ask questions, please Visit [www.SwimFast.us](http://www.SwimFast.us) or e-mail Coach Dan at [SwimSpecialists@gmail.com](mailto:SwimSpecialists@gmail.com)

Sincerely,

Coach Dan  
Coach Pam