

# DOLPHIN-LASER SPRING/SUMMER PROGRAMS

**JUMP START**-Get a **JUMP START** on the competition. This spring the Dolphin-Lasers are offering summer league swimmers the opportunity to perfect their strokes and build their endurance before summer even starts. We will cover the four competitive strokes, as well as racing skills such as starts, turns, and finishes. Swimmers must be at least 6 years old. Jump start begins March 3<sup>rd</sup> and continues through May 29. Swimmers may join for all three months-March, April and May, or join on a month to month basis.

Dates: March 3-April 3 (Spring Break off), April 7-May 1, May 5-29 (Memorial Day off)

Location: Where space is available

Days and Times: Coach Assigns

Cost: \$69 per month for non members; \$55 per month for members of LRAC or LRRC

---

**SUMMER LEAGUE**-If you are not a member of our year round team, you may be interested in participating in our Summer League Team. Summer League swim team is a great way to introduce kids to the sport of swimming, in a fun and positive learning environment. We are looking forward to sharing our knowledge and enthusiasm for the sport of swimming. The meets are a lot of fun, and a great way to give our swimmers an idea of the sport, especially if you are interested in training/competing year round with the Dolphin-Lasers or are on our Developmental team. We love Summer League meets for beginning competitors, because they are not intimidating and are pressure free; just plain FUN!! ~~Meets are held on some Tuesday evenings. ~~

A summer of fun! Make lots of friends, compete for your club, and learn about swimming! Participants are encouraged to participate in the Jump Start for Summer League program held this spring.

Dates: June 9-July31

Locations/ Days and Times: LRRC/3:00-4:00 MW&Th (6 and 7 year olds are dismissed at 3:45)

LRAC/4:00-5:00 MW&Th

UALR/4:00-5:00 MW

Cost: \$155 for non members; \$120 for members of LRAC or LRRC

---

**STROKE TECHNIQUE CAMP**- Sign your swimmer up now for our fun and exciting Stroke Technique Camp. We have taught over 1000 children the proper way to swim each stroke. This camp is perfect for our developmental and/or summer league swimmer. Every year we pick a theme to create a fun camp atmosphere where learning about swimming is fun. Our 2014 theme will be "super hero"! With this fun theme intertwined through the teaching process, we will teach the elements of each stroke and a basic understanding of body position thru the phases of the stroke. We divide the camp into three or four ability groups and rotate them

through a progression of skills. We will cover one stroke per day, teaching the correct pull pattern, kick, recovery position, breathing and tempo of each stroke. We will show proper ways to perform the drill as well as talk about the spirit of competition, good sportsmanship and teamwork. Register today as camp size is limited.

Dates: Session 1: June 16-19

Session 2: July 7-10

Location: LRRC 50m pool

Days and Times: Monday-Thursday 10:30-12:00

Cost: \$99 for non members; \$80 for members of LRAC or LRRC