

2009 Spring Break Swim Camp

Location:
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Fremont, CA 94555
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Be a part of the First California Dolphin Swim Team Spring Break Swim Camp under the direction of CDST Head Coach - Xiaohong Wang.

CDST Spring Break Swim Camp offers extensive technique instruction along with challenging swim and dryland workouts. We will educate athletes on motivation, nutrition, and other topics vital to the sport of swimming.

CDST Swim Camp benefits swimmers of a

April 13-17, 2009

Monday-Friday

9:00am-3pm

Tuition: \$300/CDST swimmer
\$350/Non-CDST swimmer

Camp Size: Total 24 swimmers
Divided Into 3 Groups By Their Age & Level

Requirements

Ability: All swimmers on local swim teams.

Age: All campers must be 8 years of age by the first day of camp.

All swimmers will be organized by age and ability, so coach can move them along at a challenging but manageable pace.

Daily Schedule:

9:00am – 9:30am Welcome
9:30am – 11:30am Stroke Clinic
11:30am – 12:00am Water Games
12:00am – 1:00am Lunch
(Please bring your own lunch bag)
1:00am – 2:00pm Swim Video
2:00pm – 3:00pm Water Session
Challenge Day: Friday April 17



Early Bird
Discount
\$10 off before
April 6.

