**Summer 2018 Day Camps**

During the summer, the Otters swim team is offering a wide variety of day camps to help swimmers stay active, improve their strokes, and build their endurance. Day camps are offered at different times throughout June, July, and August at the Uptown YWCA. In each camp there are multiple pool sessions, a dryland session, and a film analysis of the swimmers.

**Things to know**

* All day camps are held at Uptown from 8am-4pm, but swimmers may arrive late or depart early
* Price: $70 YWCA Member/$84 YWCA Non-Member
* Check the info for the camp you want to see which practice groups can attend that camp
* You can sign-up through the website on the Summer Day Camps page, or the meets & events page
* If you are not on Otters, contact us at [ywcaotters@gmail.com](mailto:ywcaotters@gmail.com) to see about joining a day camp

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| **Date** | **Focus** |  | **Date** | **Focus** |
| Monday June 11th | Free & Back | Wednesday July 11th | Starts, Relay Dives & Race Planning |
| Tuesday June 12th | Kick & Speed | Thursday July 12th | All Strokes, Racing & DQs |
| Wednesday June 13th | Butterfly & Breaststroke | Monday July 23rd | All Turns, Starts & Relays |
| Thursday June 14th | IM, Starts & Turns | Tuesday July 24th | Kick & Speed |
| Monday June 18th | Butterfly & Breaststroke | Wednesday July 25th | Butterfly & Breaststroke |
| Tuesday June 19th | IM Efficiency, Starts, Turns & Breakouts | Thursday July 26th | IM Efficiency, Turns & Breakouts |
| Wednesday June 20th | All Turns, Starts, Underwaters & Breakouts | Monday August 6th | All Strokes & Turns |
| Thursday June 21st | Relays, Race Prep & Planning | Tuesday August 7th | Free & Back |
| Monday July 9th | IM, Starts & Turns | Wednesday August 8th | Starts, Kick & Speed |
| Tuesday July 10th | All Strokes & Turns | Thursday August 9th | IM Efficiency, Turns & Breakouts |