Sign Up Now!

Cal U Swim Camp

VULCANS
SWIMMING

Summer Swim Camp

WEEK 1: June 5-10, 2022
Week 2: June 12-17, 2022
Week 3: June 19-24 2022

"If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you."

for more information visit www.calvulcans.com/camps

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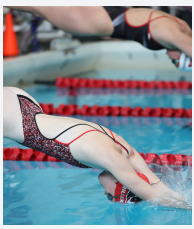

Camp Cost:

$425.00 for the first member of a family, $400.00 for additional family member(s). Day camper cost is $380.

Camp size:

Each week will be limited to 44 campers to ensure individualized attention. *All campers must be at least 10 years old to stay overnight in the dorms.*

We will have several collegiate coaches instructing the camp along with collegiate student-athletes.

All Campers will be filmed and will be provided a link to the individual's video at NO ADDITIONAL CHARGE!

For more information please contact
Head Coach April Gitzen at
(724) 938-4328 or
e-mail gitzen@calu.edu

Online Registration can be found here: www.calvulcans.com/camps

VULCANS SWIMMING

Daily Camp Schedule

Always Subject To Change

Sunday
3:30-5:30pm Move In
6:15-6:45pm Camp Meeting
7:15 – 8:45pm Pool Session #1 - Introduction
9:00 – 10:15pm Free Time
10:30pm LIGHTS OUT

Monday - Thursday
6:00am Wake-up for optional swim workout
6:30 – 8:00am Optional Swim Workout
7:45am Wake-up!!!!
8:15am Breakfast
9:00 – 9:45am Classroom Session - Stroke of the Day
10:00 - 11:45am Pool Session #1 Stroke Breakdown
12:30pm – 1:45pm Lunch/Rest/Personal Time
2:00 – 2:45pm Swim related topics
2:30 – 5:00pm Pool Session #2 Stroke Review/Starts and Turns
5:30 – 7:00pm Dinner/Rest/Personal Time
7:15 – 8:45pm Pool Session #3 Aquatic Performance Skills/Fun Activities
9:00 – 10:15pm Free Time
10:30pm LIGHTS OUT

Friday
6:00am Wake-up for optional swim workout
6:30 – 8:00am Optional Swim Workout
7:45am Wake-up!!!!
8:15am Breakfast
8:45 – 9:15am Clean Rooms, pack, etc
9:30 – 11:00am Pool Session Wrap Up and Review
11:30am - 1:00pm Check out -
All campers must be checked out of rooms by 1:00pm