

BLAST's "Try Us Out Camp"

If you've ever wondered if your child would enjoy the challenges of competitive swimming, then here's your chance to find out. BLAST is offering "Try Us Out Camp" Sept. 22nd – Sept. 25th, 2014. Swimmers can meet our staff, experience a few of our beginning workouts, and see how much fun competitive swimming can be. The "Try Us Out Camp" is open to new swimmers. Veteran, BLAST swimmers may participate, but only if they bring a friend who is new to BLAST.

Location: Peet Jr. High in Cedar Falls

Cost: \$15 for Novice1 or Novice2 : \$30 for AG1 or AG2

Registration: On the first day of camp, please come 15 minutes prior to start time

Dates and Times:

	Mon: 9/22/14	Tues: 9/23/14	Wed: 9/24/14	Thur: 9/25/14
Novice 1		6:00-6:45pm		6:00-6:45pm
Novice 2	6:00-6:45pm		6:00-6:45pm	
Age Group 1	6:45-7:30pm	6:45-7:30pm	6:45-7:30pm	6:45-7:30pm
Age Group 2	7:30-8:15pm	7:30-8:15pm	7:30-8:15pm	7:30-8:15pm

Guidelines for Groups:

Novice1 - swimmers must be able to swim one length of the pool without stopping using front crawl and one length without stopping using back crawl; typical age is 8&Under.

Novice2 – swimmers need to be able to swim 1 lap (down and back) of the pool without stopping using front crawl and back crawl; typical age is 8&Under.

Age Group1 – this group has swimmers who can swim the length of the pool numerous times using both the front crawl and back crawl, have an idea of what butterfly and breaststroke are, and can dive into the pool; typical ages are experienced 7&8 year olds or beginning 9&10 year olds.

Age Group 2 - swimmers need to be able to swim all four competitive strokes correctly; typical ages are experienced 9&10 year olds or beginning 11 or 12 year olds.

Questions: Contact Jamie Langner (319)290-9299 jamielangner@yahoo.com