

## 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. 25<sup>th</sup> – Sept. 28<sup>th</sup>, 2017. 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 or AG3

**Registration:** Is at the door only, please come 15 minutes prior to start time on first day.

**Dates and Times:**

	<b>Mon: 9/25/17</b>	<b>Tues: 9/26/17</b>	<b>Wed: 9/27/17</b>	<b>Thur: 9/28/17</b>
<b>Novice 1</b>		6:00-6:45pm		6:00-6:45pm
<b>Novice 2</b>	6:00-6:45pm		6:00-6:45pm	
<b>Age Group 1</b>				
<b>Age Group 2</b>	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm
<b>Age Group 3</b>				

### **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 dolphin kick is, and can do a sitting dive and a kneeling dive into the pool; typical ages are 7-11 years old.

**Age Group 2** - swimmers need to be able to swim four lengths using the front crawl, four lengths using the back crawl, and one length butterfly. They should be able to do a summersault in the water and be able to dive into the water; typical ages are 8-12 years old.

**Age Group 3** – swimmers need to be able to swim all four competitive strokes – front crawl, back crawl, breaststroke, and butterfly. They need to be able to complete a forward summersault in the water as well as a standing dive; typical ages are 9-12 years old.

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