



## SUMMER SKILLS

**For Swimmers 6—11**

Ideal for current ISST swimmers or for new swimmers wanting to improve their stroke technique and endurance.

Swimmers must be comfortable in deep water and be able to swim 25 metres on their own.

Daily sessions at 4:00 and 5:00pm

Registered by the week

\$50/week

July 3—7

July 31—Aug 4

July 10—14

Aug 8—11 (\$40)

July 17—21

Aug 14—18

July 24—28

Aug 21—25

## 1/2 DAY CAMPS

**For Swimmers 8—12**

Join us for a morning of fun and skills in the pool and on land.

Work with our expert coaches to improve racing skills and stroke technique.

This camp is ideal for swimmers from ISST, Intro Comp and Regional groups, or for swimmers who want to hone their skills. Swimmers must be able to complete 150 metres continuous

9:00am—12:00pm

August 8—11 \$112

August 14—18 \$140

Spaces are limited



Register online at [islandswimming.com](http://islandswimming.com)

Questions? Email [adminoffice@islandswimming.com](mailto:adminoffice@islandswimming.com)