

# “SEAHAWKS” Swim Team

Swimming is a Volunteer Intensive Sport!

[www.cliftonseahawks.org](http://www.cliftonseahawks.org)

## 2024 Summer Swim Team

**Swim team requirement:** This program will help current swim team members continue their progression and endurance. This will also help new swim team members increase their endurance, improve stroke techniques, and allow you to be part of a competitive environment.

**Dates/Times:** July 1 – August 23, 2024

- **New Swimmers:** Tuesday & Thursday 4:00 – 5:00 pm
- **Junior Seahawks:** Mon., Wed., Friday 4:00 – 5:00 pm
- **Bronze:** Monday – Friday 4:00 – 5:00 pm
- **Silver** Monday – Friday 5:00 – 6:45 pm
- **Gold:** Monday-Friday 5:00 – 6:45 pm

### Registration:

Returning Swimmers: June 10 –14, 2024

**Fee:** \$200 plus Youth Membership (\$40).

**Summer Swim Team fees are non-refundable.**

## 2024 Summer Swim Tech Camp

This camp is dedicated to helping serious swimmers work on stroke development, conditioning and preparation for the upcoming swim team season. Swimmers will benefit from instructional videos and conditioning exercises. This camp is perfect for the competitive swimmer.

**Days/Times:** Daily Monday – Friday from 9:30 am – 12:30 pm

Each day consists of 3 hours:

- Dry land in the gym 9:30 am – 10:30 am. Includes running, weight training & intense cardio. Come in your gym clothes and sneakers and meet the coach in the gym.
- Video 10:30 – 11:30 am
- Stroke development in the pool 11:30 am – 12:30 pm

**Prerequisite:** Must have completed Level 5/6 in swim lessons, swim all 4 strokes that are acceptable for swim team, and must be able to do a flip turn in the water. Proper recommendation from head coach required.

**Registration:** ongoing from June 1, 2024. Space limited to 24 children per week. First come, first serve basis! SIGN UP TODAY!!

<b>Week 1:</b>	July 1 –5	Starts & Turns
<b>Week 2:</b>	July 8 – 12	Freestyle
<b>Week 3:</b>	July 15 – 19	Backstroke
<b>Week 4:</b>	July 22 - 26	Breaststroke
<b>Week 5:</b>	July 29 – August 2	Butterfly
<b>Week 6:</b>	August 5 – 9	Freestyle/Backstroke
<b>Week 7:</b>	August 12 - 16	Breaststroke/Butterfly
<b>Week 8:</b>	August 19 – 23	Starts & Turns

**Fees:** \$85 per week 1st child and \$78 each additional child in same household plus membership.

**Summer Swim Tech Camp fees are non-refundable.**

