

“SEAHAWKS” Swim Team

Swimming is a Volunteer Intensive Sport!

www.cliftonseahawks.org

2023 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 3 – August 24, 2023

- **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 12 –16, 2023

Fee: \$125 plus Youth Membership (\$40).

Summer Swim Team fees are non-refundable.

2023 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 10:00 am – 1:00 pm

Each day consists of 3 hours:

- Dry land in the gym 10:00 – 11:00 am. Includes running, weight training & intense cardio. Come in your gym clothes and sneakers and meet the coach in the gym.
- Video 11:00 am – 12:00 pm
- Stroke development in the pool 12:00 – 1:00 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 May 1, 2023. Space limited to 24 children per week. First come, first serve basis! SIGN UP TODAY!!

Week 1:	July 3 – 7	Freestyle
Week 2:	July 10 – 14	Backstroke
Week 3:	July 17 – 21	Butterfly
Week 4:	July 24 - 28	Breaststroke
Week 5:	July 31 – August 4	Starts & Turns
Week 6:	August 7 – 11	Freestyle/Backstroke
Week 7:	August 14 - 18	Breaststroke/Butterfly
Week 8:	August 21 – 25	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.

