

Jefferson J-Hawk Summer Swim Camp 2022

We are excited to expand our swim camp options this summer! Check the options carefully and reach out to Coach Hinke if you have any questions.

Competitive Swim Camp

WHAT: You are invited to join us this summer to improve your competitive swimming techniques and strengthen your shoulders and core to be the best swimmer you can be. During the first three weeks, we will focus on stroke technique, starts, turns, and relay exchanges. During the last two weeks, we will continue to focus on technique as we work to improve strength and endurance. In addition, we have a lot of fun! After all, that's what we love the most about swimming, right?

WHO: anyone entering 6th-12th grades, must be able to swim 50 yards of freestyle without stopping, prior competitive swimming experience is not necessary

WHEN: 6:30-8:30 am, Monday-Friday
Session 1: June 13 - July 1 (\$95)
Session 2: July 11-22 (\$70)
\$135 for both sessions

WHAT TO BRING: tennis shoes, shorts, cap/goggles, swim suit, towel, water bottle (no glass)

TO REGISTER: Complete the Google Form here, <https://bit.ly/SummerSwim2022>

If you have any questions, please contact Coach Hinke. Jessica Hinke, Jefferson Women's Swimming Head Coach
jhinke@crprairie.org

Swim Camp

WHAT: Learn to swim, review swimming skills you learned when you were younger, prepare to stay safe in the water during the summer, prepare to join a team as a swimmer or diver or prepare to be a lifeguard - whatever your swimming goals are, let us help you reach them!

WHO: anyone ages 8-17 who is interested in improving their swimming skills (may or may not be interested in joining a competitive swim team), minimum water depth is 3.5 feet

WHEN: 8:45-9:30 am, Monday-Thursday (no camp on Fridays)
Session 1: June 13 - June 30 (\$60)
Session 2: July 11-21 (\$40)

WHAT TO BRING: swim suit, towel, water bottle (no glass), long hair tied back, goggles are highly recommended

TO REGISTER: Complete the Google Form here, <https://bit.ly/SwimCamp2022>

