

Contact us:

E-mail:
champs1@rogers.com

Phone:905-683-6377

Mail to: Champion swim club
1850 Kingston Road # 5
Pickering, Ontario
L1V-0A2



Information

Information on how you may register
or any general inquiries can be
obtained from:

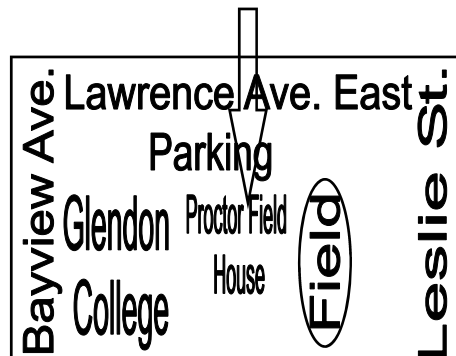
CHAMPION
ATHLETIC CLUB

905-683-6377

www.champs.org

Training location:

GLENDON COLLEGE
2275 Bayview Ave.
(Lawrence - Bayview Ave. Area)
Proctor Field House
Swimming pool



Swimming
Camp
at
Glendon
Athletic
Club

www.champs.org

CHAMPION ATHLETIC CLUB
IS
AFFILIATED MEMBER OF
SWIM ONTARIO
Swimming Canada
SWIMMING NATATION CANADA

Champ Camp

Help us continue the tradition of perpetuating leadership swimming excellence. Spend part of your summer days at beautiful Glendon College preparing yourself for the upcoming challenges of the 2009/2010 season. CHAMP coaches believe swimmers who excel in the basic stroke techniques have the necessary building blocks for a successful career. From the moment you arrive, the entire camp staff is dedicated to making sure you become a better swimmer. The goal is to ensure that you enjoy your time at the camp and return home with the knowledge that you progressed while at camp and you look forward to your season with confidence.

Content

FOCUS - This year focus will be on continuing improving aerobic and anaerobic base of all swimmers as well as on teaching, both in the water and on dry land, is proper stroke, start and turning techniques. For more advanced swimmers, work outs will include teaching creative visualization techniques and relaxation, race strategies, goal setting techniques. Each week the emphasis will be on free+ one particular stroke, taught through variety of swimming drills and sets.

DRYLAND - workouts and sport games will be played on a daily routine such as Running, Volleyball, Badminton, Soccer and much more.

Coaches - Certified and competent

Sessions

Summer camp 2009 will run three one-week sessions that will begin each Monday and run through Friday.

Sessions:

1. July 6th-10th
2. July 13th-17th
3. July 20th-24th

Content:

- Free-Back.
Free-Breast.
Free-Fly

Drop off time: 8:45 a.m.
Camp Hours: 9:00 a.m. - 12:00 p.m.
Pick up time: 12:15 p.m.

Fee structure

	1 child	2 children
1 Week	\$160.00	\$260.00
2 Weeks	\$300.00	\$500.00
3 Weeks	\$420.00	\$700.00

Included:

- Second child receives about 25% off
- Third child receives about 50 % off
- Bathing Cap

Equipment

Campers should bring suit, goggles, swim caps, towels, shorts, shirts and shoes for dryland work.

Above all, bring an attitude to want to improve and learn during the camp!!!

Registration form

Swimmer's name: _____

Telephone: _____

Address: _____

City: _____

Postal code: _____

Birthdate: _____

Indicate desired camp week/s: Circle

June 29th-July 3rd. July 6th-10th

July 13th-17th July 20th-24th

Total fee enclosed: _____

Medical Information: *Please outline any specific health conditions of which the Club and staff should be aware:*

I Give permission for my child(dren) to participate in the champ summer camp and agree that canpion swim club and York univer-sity,its employees,officers,Board of governors and agents will not be responsible for any ac-cidents or loss however caused abd agree to release them from all claims and damages which may arise as a result of such accident or loss.In signing this consent and release agreement, I hereby acknowledge that I have read and understood the conditions and certifi that my child is in good physical health and that there is no medical reason why he/she should not attend.

Parent/Guardian Signature _____

_____ Date: _____