



North Shore Swimming Club

Summer 2014

Swim Camps



Venue: Millennium Institute of Sport and Health, Mairangi Bay

Choose from a variety of different styles of camp! Morning only, afternoon only or all day. Swimmers aged 8 and above

All Day Camp 9.30am to 3.30pm with 2 swim sessions: \$295
Dates : Monday 13th January to Friday 17th

Half – Day Camp 9.30am to 12.30pm or 12.30pm to 3.30pm
with one 2hr swim session: \$150
Dates : Monday 13th January to Friday 17th

These camps are suitable for all competitive swimmers and for swimmers from triathlon, surf lifesaving and waterpolo backgrounds. Swimmers will be grouped in similar abilities and the programme will be tailored to suit their needs and ages. All full day camps include 4 hours swimming per day, plus dryland including rock wall climbing during the week, visits from top International swimmers and low coach to swimmer ratios.

Individual Stroke Clinics led by National Champions and International coaches and swimmers. Swimmers must be level 2 (Auckland swimming levels) or above. These clinics are technique intensive.

Individual stroke Clinics – Cost \$55 per clinic (limited to 24 places)
Monday 20th January 10.00am-12.00 noon– FREESTYLE, led by Danyon Loader, Olympic Gold Medalist

Monday 20th January 1.00pm–3.00pm – BUTTERFLY, led by Danyon Loader, Olympic Gold Medalist

Tuesday 21st January 1.00pm – 3.00pm – BACKSTROKE, led by Thomas Ansorg, NZ Olympic Coach, Head Coach NSS

Wednesday 22nd January 10.00am -12.00pm – BREASTSTROKE, led by Thomas Ansorg, NZ Olympic Coach, Head Coach NSS

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