



# **North Shore Swimming Summer 2012**

## **Swim Camps**

**For swimmers aged 8 and above**

**Venue: Millennium Institute of Sport, Mairangi Bay**

**Choose from a variety of different styles of camp! Morning only, afternoon only, all day or individual stroke clinics led by National Champions and International coaches and swimmers.**

### **Half Day Camps – Cost \$140 (limited to 40 places)**

**Camp 1: Monday 9<sup>th</sup> January to Friday 13<sup>th</sup> 9am to 1.00pm**

**Camp 2: Monday 9<sup>th</sup> January to Friday 13<sup>th</sup> 12pm to 3.30pm**

**Camp 3: Monday 16<sup>th</sup> January to Friday 21<sup>st</sup> 9am to 1.00pm**

**(NOTE: Monday 16<sup>th</sup> January only is from 11.00am to 2.30pm]**

### **Full day Camp – Cost \$240 (limited to 24 places)**

**Camp 4: Monday 9<sup>th</sup> January to Friday 13<sup>th</sup> 9am to 3.30pm**

**These camps are suitable for all competitive swimmers and for swimmers from triathlon, surf lifesaving and water polo backgrounds. Swimmers will be grouped in similar abilities and the programme will be tailored to suit their need and ages. All camps include 2 hours swimming per session, plus dry land including rock wall climbing during the week, visits from top International swimmers, and all day camps will have technique DVD sessions. 8 swimmers max per lane, low coach to swimmer ratios.**