

## *Summer Conditioning Sessions*

**Level 1:** Age group (13-15) and Junior swimmers. In addition those intermediate A swimmers desiring to move to an Age Group team in the fall. (begins session 3)

**Level 2:** 11/12 Age group team, Novice, Intermediate B and Sea Stars swimmers.

Conditioning camp is a time for swimmers to improve their basic swimming technique as well as advance and introduce swimmers to the next synchro level. I highly recommend these sessions for those desiring to improve.

**Session 1** (level 2) June 17<sup>th</sup> and 19<sup>th</sup> 5-7 pm

**Session 2** (level 2) June 24<sup>th</sup> and 26<sup>th</sup> 5-7 pm

**Session 3** (level 1&2) July 7<sup>th</sup>- 10<sup>th</sup> 5-8 M &W  
5-7 T, TH

**Session 4** (July 14<sup>th</sup> – 17<sup>th</sup>) 5-8 M &W  
5-7 T, TH

**Session 5** (July 21<sup>st</sup>-24<sup>th</sup>) 5-8 M & W  
5-7 T, TH

**Session 6** (July 28<sup>th</sup>-31)

SSST Summer Camp (Aug 2<sup>nd</sup>-6<sup>th</sup>) Sign up is with  
Stephanie Drew

**Session 7** (Aug. 11-14<sup>th</sup>)

5-8 M &W  
5-7 T, TH

**Session 8** (Aug 18<sup>th</sup>-21<sup>st</sup>)

5-8 M &W  
5-7 T,TH

**Session 9** (Aug 25<sup>th</sup>-28<sup>th</sup>)

5-8 M & W  
5-7 T,Th

Fall season try-outs begin Monday September 8<sup>th</sup>  
Special Figure Time will be given on Saturdays.  
This is a great opportunity for all. Please take  
advantage of it! Both level swimmers.

Saturday July 12, July 19, July 26....  
Aug, 9, Aug 16, Aug. 23,

**Cost:** Sessions 1 and 2: \$35 a week Paid in advance  
(level, 2 only)

Sessions 3- 9, including Saturday, registered and paid  
in advance \$70 per week

Daily rate: \$20 per day (still need to register in advance) Payment in form of cash or check at arrival time.

Contact Stephanie Drew  
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