

MANITOBA MARLINS FITNESS, FRIENDS & FUNdamentals SWIM CAMPS 2011

The **Manitoba Marlins** are pleased to offer our **FITNESS, FRIENDS & FUNdamentals SWIM CAMPS** that will commence the week of July 11, 2011 at the Pan Am Pool!

Where: Pan Am Pool (Training Tank)

When: July 11 - 14 and July 18 - 22

What time: 12:00pm – 4:00pm

Cost: \$90 for one week (Monday– Thursday)

For whom: Children who want to improve their fitness, meet new friends and have **FUN** while learning the fundamentals of competitive swimming. No competitive swimming background is necessary, but your child must have completed Red Cross Swim Level 4 and be comfortable in deep water.

Camp Benefits:

- Swim instruction from the Manitoba Marlins professionally certified coaching staff.
- Improve your stroke technique and fitness with focus on all four competitive strokes.
- Gain self-confidence through swim success.
- Create new friendships.
- Learn what it's like to be part of a swim team.
- Stimulate your love for swimming in a positive and healthy environment.
- Have fun!

Camp Focus:

- Introduction to FUNdamental skills necessary for competitive swimming.
- Team building through relays in the water and dynamic outdoor games and exercises.
- Learning to race in a fun healthy environment.

MANITOBA MARLINS PRE-SEASON BOOT CAMPS 2011

The **Manitoba Marlins** are pleased to introduce our new **PRE-SEASON BOOT CAMPS** that will commence the week of August 15, 2011 at the Pan Am Pool!

Where: Pan Am Pool (Training Tank)

When: Aug 15 - 18 and Aug 22 - 25

What time: 4:00pm – 7:00pm

Cost: \$80 for one week (Monday– Thursday)

For whom: Children with a competitive swimming background.

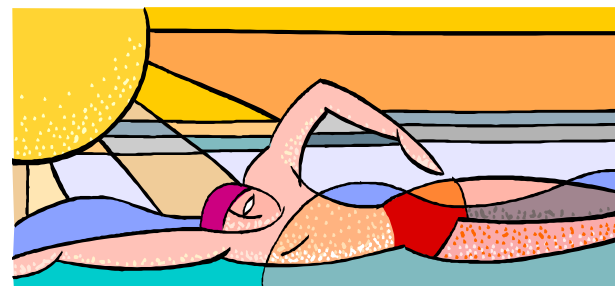
Camp Benefits:

- Swim instruction from the Manitoba Marlins professionally certified coaching staff.
- Get a head start on the 2011/2012 swim season.
- Improve your stroke technique with focus on all four competitive strokes.
- Improve your starts and turns in all four competitive strokes.
- Create new friendships.
- Stimulate your love for swimming in a positive and healthy environment.
- Have fun!

Camp Focus:

- Work/train all four strokes, starts, turns and finishes.
- Improve aerobic conditioning.
- Improvement of general stroke technique and skills so athletes can compete at the next level for the upcoming swim season.

Manitoba Marlins SUMMER SWIM CAMPS



Swimmer Information

First Name: _____ Last Name: _____
Birthdate(mm/dd/yy): _____ Address: _____
City: _____ Province: _____
Swim Club: _____ Gender: **male** **female**

Parent Information (Parent or Guardian # 1)

First Name: _____ Last Name: _____
Email: _____ Relationship (Mother/Father/Guardian): _____
Phone (home): _____ Phone (work): _____
Phone (cell): _____

Parent Information (Parent or Guardian # 2)

First Name: _____ Last Name: _____
Email: _____ Relationship (Mother/Father/Guardian): _____
Phone (home): _____ Phone (work): _____
Phone (cell): _____

You may register and choose between the following
weekly sessions for:

FITNESS, FRIENDS & FUNDamentals SWIM CAMPS

July 11 - 14, 2011: 12:00-4:00 pm (\$90)

July 18 - 21, 2011: 12:00-4:00 pm (\$90)

PRESEASON BOOT SWIM CAMPS

Aug. 15 - 18, 2011: 4:00-7:00 pm (\$80)

Aug.22 - 25, 2011: 4:00-7:00 pm (\$80)

Total Registration Fee:
(cheque only; no cash)

Mail or drop off completed form and cheque (payable
to Manitoba Marlins) to:

Manitoba Marlins
25 Poseidon Bay
Winnipeg, Mb
R3M 3E4

Refunds will not be given after the first day of Camp
for the week your child is registered.

For safety and consistency in programming, we are
unable to allow make up classes for individual
swimmers.
