

Swim Camp Information: The 3rd Annual Mount Desert Island Water Sports Camp will be held August 5th—9th. The camp will be led by Jim Willis, the Head Coach of the Sharks Swim Team. The camp is open to any swimmer ages 7—13 with prior swim team experience (we will make exceptions with the approval of the Camp Director). Each morning a different stroke will be the major theme of the day. Time will be spent on perfecting drills for each stroke. Campers will also take time to work on starts and turns. The afternoon session will see the swimmers either diving, log rolling, playing water polo or taking part in some other fun water sports activity like heading to Sand Beach. Cost \$170 for Y Members and \$200 for non-members



Water Sports Camp



Daily Schedule

8:45—9:00am	Drop-off
9:15—10:30am	Swimming Session
10:30—11:00am	Snack
11:00—12:30pm	Outdoor Games
12:30—1:00pm	Lunch
1:00—1:30pm	Free Time
2:00—3:00pm	Water Games/ Diving
3:00pm	Pick-up

On Thursday or Friday afternoon, we will taking a day trip to Sand Beach or Echo Lake.