

The Lenny DeMuro Swim Camp will begin on Monday July 7th and run until Friday July 11th. The swim camp was created by the former coach of the MDI Y Sharks and a member of the Maine Swimming Hall of Fame.

This year **Jay Morissette, the Bath YMCA coach** and a member of the Maine Swimming Hall of Fame will be on hand for a few days to spread his wisdom of swimming to the camp participants. The camp will be directed by Shark Head Coach, Jim Willis with assistance from MDI HS Coach Tony DeMuro and swimmers from the State Champion High School Trojan Swim Team.



The camp is open to any swimmer ages 7–12 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 and working on turns for each stroke. In the afternoon swimmers will review recorded video of the morning session to fine tune each camper's technique. During the day campers will spend time outside playing dodgeball, kickball, and other activities.

Our guest coach will begin each afternoon with a discussion of swimming and improving one's self through the sport. The day will finish with a training session in the afternoon that incorporates the video session with swimming drills and lots of speed work. MDI Y Members \$175; Non-Members \$200

Lenny DeMuro Swim Camp

Daily Schedule

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

On Friday afternoon, there will be a short swim meet @ 2:00pm for all to attend & cheer!



Questions? Jim Willis:
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