

The 4<sup>th</sup> 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). Every morning the campers will spend time on the competitive strokes including the starts and turns.

This year the camp will be limited to 13 campers in order for the campers to take local trips. We plan to go to Sand Beach, Echo Lake, and other places around the island. Upon returning in the afternoon, swimmers can try springboard diving, log rolling, water polo or just having a fun in the pool.

Cost \$175 for Y Members and \$200 for non-members.

Questions? Jim Willis: [sharks@mdiymca.org](mailto:sharks@mdiymca.org)



## 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	Log Rolling/Diving Water Games
3:00pm	Pick-up

### Alternate Schedule

11:00—3:00pm Various locations on MDI including Sand Beach, Echo Lake, and other sites.



**MDI YMCA, 21 Park St. Bar**