

FIFTH STROKE SWIM CAMP

Typical Camp Set up

2-DAY 11&UP CAMP

Our typical 2-day camp includes two 3 hour sessions of detailed focus on backstroke, freestyle, butterfly, starts, and an emphasis on underwaters. This camp focuses on how technique and drills presented in the camp can be directly incorporated into everyday training. We also provide the opportunity for the swimmers to listen to our clinician's unique stories and finish the camp with a Question/Answer session.

1-DAY 10&UNDER CAMP

This camp is 1.5 hours and includes detailed focus on the foundations of dolphin and underwater kick. This camp focuses more on the technique of underwater kicking rather than the training aspect. This camp also includes a discussion and Question/Answer session, led by our experienced clinicians.