

2017

DALAND SWIM CAMP



Summer Swim Camps

June 12 to August 18
8:30a - 3:00p

Swim and Fun Ages 5-12
Every weekday
(except July 4)

Stroke School Ages 8-16
June 12 - 16 & June 19 - 23
July 10 - 14 & July 24 - 28
July 31 - August 4
Aug. 14 - 18

Jr. Lifeguards Ages 9 - 15
June 13 - 15 & June 26 - 28
July 19 - 21 & August 24 - 28

Advanced Camp Ages 9 - 15
June 29 - 30 & July 17 - 18
August 10 - 11



805.495.5210

See pages below for Daland's Summer Camp Calendar



Swim & Fun Camp

\$72 per day

\$10 early sign-up discount

Able to swim 25 yards confidently.

A camp for kids to have fun and develop a love for swimming! Activities both in and out of the pool. Each day there is a 40 min. swim lesson working on safety skills and beginning strokes.

Advanced Camp



\$87 per day

\$10 early sign-up discount

Daland White Squad or better

Designed for swimmers serious about the sport. Must have Daland coach permission to participate. Campers are welcome to try-out.

Stroke School Camp

\$72 per day - \$10 early sign-up discount

Able to swim all 4 strokes confidently.

Geared for swimmers either on team or interested in joining team. The primary focus is technique. Swimmers are divided up by Abilities.

American Red Cross

Jr. Lifeguard

\$220 for 3 days

\$20 early sign-up discount

Safety & skills training for aspiring lifeguards.

Get your 1 year JG certification

- CPR & AED
- First Aid
- Water Rescue
- Spinal Backboard Rescue
- Choking Rescue



www.dalandswim.com

DALAND 2017 SUMMER CAMP CALENDAR

ALL DALAND CAMPS ARE 8:30a to 3:00p

Stroke - Fly

Stroke - Back

Stroke School Camp shows which stroke will be featured that day

SUN	MON	TUES	WED	THU	FRI	SAT	
4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	
11-Jun	12-Jun	*** JR. LIFEGUARD CAMP ***			15-Jun	16-Jun	17-Jun
	Stroke - Fly	Stroke - Back	Stroke - Breast	Stroke - Free	Stroke - Start/Turn		
***** SWIM & FUN CAMP *****							
18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	
	Stroke - Fly	Stroke - Back	Stroke - Breast	Stroke - Free	Stroke - Start/Turn		
***** SWIM & FUN CAMP *****							
25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun		
*** JR. LIFEGUARD CAMP ***				*** ADVANCED CAMP***			
***** SWIM & FUN CAMP *****							

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Stroke - Fly

Stroke - Back

Stroke School Camp shows which stroke will be featured that day

SUN	MON	TUES	WED	THU	FRI	SAT
						1-Jul
2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul
		CLOSED!				
	SWIM & FUN		*****	SWIM & FUN CAMP	*****	
9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
	Stroke - Back	Stroke - Breast	Stroke - Free	Stroke - Start/Turn	Stroke - Fly	
		*****	SWIM & FUN CAMP	*****		
16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
	*** ADVANCED CAMP***		*** JR. LIFEGUARD CAMP ***			
		*****	SWIM & FUN CAMP	*****		
23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
	Stroke - Breast	Stroke - Free	Stroke-Starts/Turns	Stroke - Fly	Stroke - Back	
		*****	SWIM & FUN CAMP	*****		

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Stroke - Fly

Stroke - Back

Stroke School Camp shows which stroke will be featured that day

SUN	MON	TUES	WED	THU	FRI	SAT
30-Jul	31-Jul					
	Stroke - Free					
	SWIM & FUN					
		1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
		Stroke - Start/Turn	Stroke - Fly	Stroke - Back	Stroke - Breast	
		***** SWIM & FUN CAMP *****				
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
	*** JR. LIFEGUARD CAMP ***			*** ADVANCED CAMP***		
	***** SWIM & FUN CAMP *****					
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
	Stroke-Starts/Turns	Stroke - Fly	Stroke - Back	Stroke - Breast	Stroke - Free	
	***** SWIM & FUN CAMP *****					