



Lindbergh Youth Swim Camp 2008

Athletes age 5 thru incoming freshmen.

LHS Swim Camp offers fun in the water, improving strokes, playing games, and learning about the sport of swimming!

Campers work on the four competitive strokes: freestyle, backstroke, breast stroke, and butterfly. They improve races by practicing starts and finishes. Campers will also learn about the importance of dryland training.

Because this is camp, many stroke drills are taught through games with a huge emphasis on FUN!

JULY 28th-31st

8:00-10:30am

