



Davis AquaMonsters
 PO Box 788
 Davis, CA 95617-0788
www.DavisAquaMonsters.org



SWIM CAMPS @ ARROYO POOL

Swim Camps - Technical + Mobility Training

The Camp: The one-week camp offers AquaMonster swimmers an opportunity to improve stroke mechanics, and turns and instruction on the “Fifth stroke” – underwater dolphin kickouts. The camp includes athletic mobility improvement in + out of the pool. The camp emphasizes the improvement of stroke skills from Big Monster group to RED group levels in a fun, flexible environment. **If you are not a registered 2025 AquaMonster by the start of summer session**, there is a non-member fee.

What to bring: **SWIM** equipment – kickboards, fins, cap, goggles, suit, towel, sunscreen, and healthy snacks for the break. **DRYLAND** equipment - t-shirt, shorts, sun hats and running shoes and **2 water bottles**.

Registration: Registration is on a first come – first serve basis. Space is limited to 32 swimmers per camp week with a minimum of 10 swimmers. Please register online and mail in your registration and payment to reserve a spot in the AquaMonster Camps. Don’t delay!

CAMPS	TIMES	DAYS	AQM FEES	non - AQM
June 16th - June 20th	8 am - noon	M-F	\$210	\$250
June 23rd - June 27th	8 am - noon	M-F	\$210	\$250
July 7th - July 11th	8 am - noon	M-F	\$210	\$250
July 14th - July 18h	8 am - noon	M-F	\$210	\$250
July 21th - July 25th	8 am - noon	W-F	\$210	\$250
July 28th - August 1st	8 am - noon	M-F	\$210	\$250

Mininum requirements: Swimmers must be at least 6 years old and be able to swim 25 yards of freestyle. **Please note this camp is not for those wanting to learn how to swim.** This is for swimmers who know how to swim and want to continue to fine tune their swimming skills including stroke mechanics, turns and athletic development.

Fees: \$210 camp fee per AquaMonster swimmer. \$250 camp fee per non-AquaMonster swimmers. There are no refunds and no pro-rating for days missed. No cancellations once online reg submitted.

Special package:(AQM swimmers only) Sign up for four weeks - for the price of three weeks - 25% off, Sign up for six weeks for a 33% discount, no adding additional weeks later to get this offer.

Registration or account questions:

Registrar: Sue Peri
registrar@DavisAquaMonsters.org

Camp Questions

Director: Pete Motekaitis
Pete@DavisAquaMonsters.org

Sample Daily Schedule

8:00-8:20	Mobility & roll
8:20-8:30	Water - warm up
8:30-9:10	Water - skills session I Hydration & change of clothes
9:10-9:25	
9:25-10:05	Dryland & games
10:05-10:15	Hydration suit change
	Water - skill II and games
10:15-11:00	
11:00-11:25	change and snack Dryland - Advanced mobility and range of motion
11:25-11:35	
11:35-11:55	games
11:55-Noon	Pickup

