

Policies and Fees

Ages: 6—13

Gym & Swim camp is recommended for students who have completed kindergarten-7th grade. Campers **MUST** be able to swim 25 yards consecutively.

Camp Sessions: Gym and Swim Summer Camps offers five 1 week sessions to fit around family vacation schedules. Each daily session runs from 8:45 a.m. until 1:00 p.m. on Monday through Friday. To ensure the highest quality camp experience, we will limit each weekly session to 50 campers.

Payments: Payment is due in full at the time of registration. If your child is attending multiple sessions, payment is due in full for the first session at registration. Additional sessions must be paid in full on the first day of the session. Cash and check are the **only** accepted forms of payment.

Cancellations: Cancellations must be made no later than two weeks prior to the beginning of the scheduled session. Cancellations are subject to a \$50 cancellation fee.

No Refunds/ No Makeups: Gym and Swim Summer Camps do not offer refunds or makeup sessions for illness or other absences. Our staff is here for you every day. Please make every effort to attend.

Lunch/Snacks: Campers should bring a sack lunch and water each day. Water will be also available at all times. **NO SODAS, PLEASE!**

What to Bring: Campers must wear tennis shoes; Crocs or flip-flops are not allowed. They should also bring two swimsuits and two towels (one for the lake and one for the pool—campers cannot use the same swimsuit for the lake and the pool!), and goggles for the swimming portion of the day. Please make sure that everything is labeled!

DO NOT BRING CAMP DISTRACTIONS, such as GameBoys, iPods, toys, etc. Campers will have plenty to keep them entertained. Also, we cannot be responsible for valuables, so leave them at home.

CALL US TODAY at (615) 456-8202

Or visit us online at

www.swimatseastar.com

Educational goals include:

- * Basic swimming
- * Canoeing skills and excursions on Old Hickory Lake
- * Structured pool games designed to intentionally develop a foundation of overall fitness
- * Introduction to Water Polo basics

Gym & Swim is dedicated to providing summer fun that will create memories that last a lifetime through intentionally created shared experiences. We work hard to coach, educate, and motivate every camper and to make sure they have a good time while learning!

Activities

Campers will rotate Gym, Swim, and Canoe activities each day. Here's a preview of what they will encounter:

SWIM:

- *Swim fundamentals
- *Water polo games
- *Structured water games

GYM:

- *Strength training fundamentals and safety
- *Circuit training with cardiovascular activities, dumbbell, & body weight exercises
- *Fitness games

CANOE:

- *Basic skills needed to propel a boat.
- *Canoe safety will be taught and practiced the entire time your child is in the canoe. Your child will learn how to get into and back out of a canoe- and stay dry in the process!
- *Nautical language, such as the end is the front (bow) and the rear (stern).
- *Learning the strokes that form the foundation of canoeing

Campers will canoe 45 minutes a day, weather permitting.

After learning the basics, campers will compete in canoe races, paddle through obstacle courses and take short distance trips.

Our canoe access will be directly behind Sea Star where the water is shallow. All events will be strictly supervised.



Gym and Swim Summer Camps at Sea Star Swim School

"I'm bored!"

"There's nothing to do!"

That's what a lot of parents hear all summer. Gym and Swim Summer Camp is here to help. It's a fun-filled, activity based alternative to kids sitting in front of the television or playing video games.

What's Gym and Swim Summer Camp all about? It's about getting your kids off the couch and keeping them active and trying new water sports. It's about building new skills and improving fitness levels. It's about learning good sportsmanship, camaraderie, and team spirit and making new friends. Most of all, it's about having lots of fun in a structured, energetic and safe environment.

In an action packed environment, Gym & Swim Summer Camp will emphasize activities that happen in and around the water. Campers will develop aquatic skills that will enable them to have a lifetime of safety, health, and enjoyment in any aquatic environment.

Our Camp Directors, **Amy Caldwell and Susan Flowers** understand how to inspire children to achieve new levels of excellence. Both of our directors are credentialed elementary school teachers and with their motivated staff of counselors, the children will have outrageous fun while engaging in purposeful play and learning. The children, their safety, and their individual needs are a priority; they will experience success through individual and team challenges.

With a concentration on the educational and recreational aspects of the aquatic environment, our goal is to help campers float to new levels of confidence in the water by improving skills in order to develop an appreciation of all water sports.

**"Working out" the future...
One Child at a Time!"**