



BAC Swim Camp for Adults!

- ◇ Are you an occasional recreational swimmer who would like to swim better?
- ◇ Do you want to learn to swim butterfly, backstroke and breaststroke?
- ◇ Are you a lap swimmer who is ready to step it up to coached workouts?
- ◇ Do you want to improve the swimming leg of your next triathlon?
- ◇ Is your child in a swim program?

...Then **Adult Swim Camp** is for you!

The Adult Swim Camp will focus on technique training for all four swimming strokes: freestyle (crawl), backstroke, breaststroke, and butterfly.

The goal of the camp is to improve swimming strength and stamina by way of establishing greater efficiency of motion.

Anyone with an interest in stroke technique is strongly encouraged to join, regardless of their swimming background or experience, although we request that you already be comfortable in water. You will be grouped with other swimmers of similar ability.

Come to the first class prepared to get in the pool: swimsuit, goggles, towel, and swim cap if you have long hair. Showers and locker are rooms available.

age 15+

Monday and Wednesday evenings

16 classes: 6/22 - 8/12

7:00 - 8:00 pm

Fee: \$170

Class # 91226.01

How to register: via Burlingame Recreation Department

www.burlingame.org