

SOLO Aquatics Day Camp

Summer 2010

www.soloaquatics.com

(650) 851-9091

SOLO Aquatics is a non-profit aquatics organization serving Menlo Park and surrounding communities for over 15 years. Solo Aquatics is located at Burgess Memorial Community Pool and Menlo Atherton High School Spieker Pool.

The Program: SOLO is offering seven, one-week camps. Camp attendees will learn the fundamentals of two of the fastest growing sports, Swimming and Water Polo. Campers will receive the individual attention necessary to ensure a solid and fun start to a new sport, or to build on their skills in a sport they already love. SOLO has been training champions since 1986. All coaches and counselors are USA Swimming Certified.

Dates: Weeks starting June 14, June 21, June 28, July 5, July 12, July 19 and July 26.

Time: Monday to Friday, 9am to 4pm

Where: Menlo Atherton High School Pool, Middlefield and Ringwood, Menlo Park.

Who: Boys and Girls ages 5-12 years, no swimming or water polo experience required.

Daily Activities:

Morning and afternoon pool sessions	Team building exercises
Individual analysis and instruction	Improving stroke technique
Inner tube water polo	Free swim time
Field sports, games and crafts	Stretching techniques

Price: \$330 per week per camper plus a mandatory \$38 USA Swimming fee (once/summer)

Discount: \$25 discount registration complete prior to April 15th *(once/summer/swimmer)*

\$50 discount for current, year round SOLO members *(per week/swimmer)*

All discounts are included/shown during online registration, before the billing page.

Bring: Swim suit, towel, goggles, sunscreen, and rubber soled "deck" shoes or sandals.

Provided: Camp water bottle, shirt, **catered healthy lunch & snacks**, and inner tube.

Enroll: Complete a **SOLO Summer Day Camp 2010** online registration for each Camper on the **Spring/Summer** page at www.soloaquatics.com.

Questions: Contact soloregistration@yahoo.com for Day Camp registration questions.

