



## Camp Menlo – Water Time at Burgess

Menlo Swim & Sport is proud to offer water activities to ALL of our camps in one way or another. This email will go through a breakdown of what each Camp will offer and what your child can expect with water time at Burgess Pool this summer!

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### Camp Swim Lessons

\*Camp Menlo & Camp Menlo Jr

Campers will be scheduled into levels by our Swim School staff based on the questionnaire form provided during registration. On the first day of camp, our Instructors will assess each student throughout the lesson to ensure students are at the appropriate level based on their current abilities. Swim lessons are 30-minutes and are taught by our Menlo Swim and Sport Swim Instructors.

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#### Level 1: Big Kids (Beginners 5 years old+)

In this class, students will work with their instructor on the following skills: Front floats, back floats, streamline glides, front kicks, back kicks, and roll-over breathing. We will also review water safety, such as knowing what to do if we unexpectedly fall into the pool!

**Goal:** Independently swim 20ft with streamline kicks, back kicks and roll-over breaths.

#### Level 2

This intermediate class teaches students introductory strokes for Freestyle and Backstroke while continuing to develop their comfort and water safety skills.

\*Entry Requirement: Can independently swim 20 ft with streamline kicks, back kicks, and roll-over breaths, and is comfortable swimming in 6.5 ft deep water.

**Goal:** Independent freestyle with roll-over breaths and Backstroke for 12.5 yds.

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### Level 3

Swimmers will enhance their Freestyle by learning side-breathing and developing overall efficiency within the stroke while we also continue to work on Backstroke for 25 yards. Additionally, students will be introduced to Breaststroke kicks.

\*Entry Requirement: Can independently swim Freestyle with roll-over breaths and Backstroke for 12.5 yards.

**Goal:** Freestyle with side-breathing, Backstroke, and Breaststroke kicks for 25 yards.

### Level 4

Swimmers will review Freestyle, Backstroke, and the introductory Breaststroke kick, and continue overall efficiency within the strokes. In this class, we will learn Breaststroke with proper breathing technique, Butterfly, and somersaults to prepare for flip-turns. Through hands-on instruction, swimmers develop proper body position, breathing, and rhythm.

\*Entry Requirement: Freestyle with side-breathing, Backstroke, and Breaststroke kicks for 25 yards.

**Goal:** Freestyle, Backstroke, Breaststroke, and Butterfly for 50 yards.

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## Evaluation Cards

To help keep you informed on your child's progress, Swim Instructors will fill out evaluation cards on a daily basis. On each Friday, campers will get to take home their evaluation card at pick-up!

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## Camp Water Activities

### Camp Menlo Swim

After their daily swim lessons and field games, campers will enjoy 1 hour of free swim! Free swim is a fun way for campers to practice what they've learned and swim with their friends outside of the learning environment. On Fridays, campers will participate in water games and relays led by or swim instructors. These activities are designed to help campers develop their swimming skills and encourage creativity, teamwork, and healthy competition.

### Camp Menlo Junior

After their field games and swim lessons, junior campers can cool down during free swim in the Mushroom Pool! Campers will work on their social skills in a fun and friendly environment while playing with pool toys and splashing with other campers.

### **Junior Lifeguard Challenge**

Throughout the week our junior lifeguard campers will learn basic and essential lifeguard skills both on land and in the water. Such skills include proper water entry and a number of different water rescues. Campers will have a chance to practice their skills in games and relays throughout the week. All of this will lead to a final opportunity at the end of the week to show off all they've learned. Campers also have the chance to join free swim, where they can cool down and socialize with their friends!

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## **Our Summer Camp Goal**

Our goal is to provide enriching experiences for our campers to develop friendships, self-confidence, and water safety! On dry-land, campers will gain social skills through fun group work activities, whereas camp swim lessons will encourage water confidence and enhance swimming skills quickly through the camp's daily swim schedule.