



# Summer Training Camps

**Week 1 – 2<sup>nd</sup> to 6<sup>th</sup> August 2010**

**Week 2 – 9<sup>th</sup> to 13<sup>th</sup> August 2010**

**at**

**HMS Caledonia**



**InCAS are proposing to run two separate week long swim camps at HMS Caledonia and is open to swimmers from Dolphins upwards. Dolphins shall only eligible to train up to Lunchtime.**

**The sessions shall consist of the following:**

**9.00 – 11.00 – Pool Training  
11.15 – 12.15 – Land Training  
12.30 – 13.45 – Lunch (Packed Lunch Required)  
14.00 – 16.00 – Pool Training**

**Cost per Week**

**£75.00 - All day  
£50.00 – Dolphins morning session only including land training.**

**Please liaise with Garrie Roberts to reserve place.  
Cheques payable to InCAS.**