



Competitive Swimming

Training Camp

Get a head start on the high school swim season!

Two-Week Intensive Training Camp
August 16 – August 27
3:00 – 5:00 PM Mon.-Fri.

The high school girls' swimming season doesn't officially start until Saturday, August 28. Get more out of your season—
Start off already in swimming shape!

- Daily (M-F) coached workouts over the two-week period
- Stroke clinics will refine your technique and make you a more efficient swimmer
- Multi-stage workout program designed to safely build cardiovascular and muscle strength in preparation for the competitive season:
 - Stage I: Develop flexibility and shoulder stability while working on stroke technique—learn to swim more powerfully and with less strain on joints
 - Stage II: Continued stroke refinement, workouts geared toward building endurance and strength
 - Stage III: Workouts continue to build strength and stamina, with additional emphasis on developing fast-twitch speed

Cornerstone Members: \$139

Non-Members: \$169

(Cornerstone Program Pass is not required for this program)

Cornerstone Aquatics Center
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