

## Day type summer camp in Verbier 2022

**Presentation** : The Triathlon Club has decided to organize this summer swimming camps open to the public and to the club members for a preferential rate. This 1st edition will take place at the outdoor swimming pool in Verbier and the Mondzeu swimming pool from 27th of June to 19th of August 2022. We want to allow as many people as possible to continue or to undertake the acquisition of a solid foundation in swimming for their safety and for people around them. It has been noticed that many children lose their skills during the summer holidays.

Our schedules and days are flexible: 9-12h / 9h-16h30 / 13h30-16h30, to allow everyone to take part in the camps and to create more groups. More you are, the more fun you have!

I would like to present you a typical week day out of 5 afternoons because it is currently the most important request we have.

**Monday 1.30 pm** : Children arrive at the sports centre in Verbier. Distribution of children by activity and by instructor. The respective instructors call their children and then they go to the place of their activity. In case of delay, it will be necessary to call the referent instructor and to transport the child to the correct pool.

**2 pm to 2.15 pm** : The children change themselves. Dear parents, please remember to put swimmers, goggles, a towel, a jumper, sunscreen, a snack, a cap and water in the bag of your little wolves, please.

**2.15-2.30 pm**: Rules presentation to follow in the water, outside the water and inside the group for the safety and respect.

**2.30-3.15 pm**: Activity start. Games presentation in the water with a ball, synchronised swimming movement including a new move every afternoon (boys and girls can give their input!), to get a mini show at the end of the week. Games according to the children's age and desires such as water polo, jumping-board tricks, jumping off the side by imitating an animal, a number, a letter, catching the ball, relaunching it, relay, tournaments, running, diving ...

**3.15pm-4 pm** : "Swiss Aquatics Kids" exercises according to children levels.

**4-4.15 pm** : Shower, storage, debriefing, return to the sports centre.

**4.30 pm**: End

We offer the same program on Tuesday, on Wednesday, on Thursday and on Friday except the rules presentation ! ☺