



Aquatics Camp (Ages 9-14) WEEKS 7 AND 8 ARE FULL!!
Week 7 and 8 9 am - 12 pm \$105/week

For kids who love the water, this camp includes competitive swimming skill development, aquatic games, physical conditioning, springboard diving, and water safety (preventing and responding to aquatic emergencies). Bring swim suit(s), goggles, a snack, and at least two towels since there will be two water sessions each day. Note that all participants should be able to swim 100 yards continuously with rhythmic breathing and tread water for 2 minutes. For more info contact Nancy Gagnon at 703-993-8511 or ngagnon@gmu.edu.

www.freedom-center.com • 703-993-8444 • 10900 University Blvd., Manassas, VA

on the Prince William Campus of George Mason University