Lakewood High School Girls Aquatics Camp

- *High School Swimming and Water Polo*
- **Location**: Lakewood High School Pool
- **Time/Days: Girls**
  - Monday 8:30am-10:30pm
  - Tuesday 8:30am -10:30am
  - Wednesday 8:30am -10:30am
  - Thursday 8:30am -10:30am
  - Swimmers only will attend 8:30am - 10am daily
- **Ages**: Lakewood High School Students (9th- 12th grades)
- **Dates:** July 7th- August 14th
- **$150.00 donation**
- **We will be doing dry land workouts and swimming each day. Be prepared to do both.**
- **To Pay for your Donation:** Lakewoodwebstore.myschoolcentral.com
  - Please hit the link above, click product categories (top next to find an item) and select sports, then click the Boys and Girls Swim Button to pay online

***With the recent budgetary cuts, donations are extremely important for our program. Your contribution will be used to pay coaches for their time and will also be used to help raise much needed funds to replace outdated or deteriorating equipment.*

Participation Requirements

- **Proof of Insurance**
- **Emergency Card**
- **Application to participate in summer sports program**
- **Suit, towel, goggles and dryland clothing (running shoes…etc)**

Questions Contact Coach Ian Schubert or Deborah Caine

ISchubert@lbschools.net or dcaine@lbschools.net or

909-682-2444 and 714-580-3931