

SWIM CAMPS

AQUATICS CENTER: (425) 861-6274

HALF-DAY

SUPERHERO SWIM (AGES 3–5)
KABOOM! POW! We'll start with a 30-minute group swim lesson to practice your swimming technique then explore the water with action-packed, superhero games and activities during open swim. You will then continue the adventure on dry land as the superheroes save the day. Bring your own snack.

DATES	TIME	PRICES	CHECK-IN/OUT
6/28-7/2 7/26-30	12:30–3pm	\$195/M	Aquatics Center
		\$220/NMCM	
7/12-16 8/9-13	9–11:30am	\$245/NM	

PIRATES & MERMAIDS (AGES 3–12)
Aargh, Matey! It's time to join our pirate crew! Grab your pirate patch or mermaid tail and set sail with PRO. You'll start with a 30-minute swim lesson and embark on an epic water adventure! Buried treasure and mermaid tails. Bring your own snack.

DATES	TIME	PRICES	CHECK-IN/OUT
Ages 3-12	4–6:30pm	\$195/M	Aquatics Center
7/5-9 7/12-16		\$220/NMCM	
7/19-24		\$245/NM	
Ages 6-12			
7/26-30 8/2-6			
8/9-13 8/16-30 8/23-27			

SEA ANIMAL (AGES 3–12)
Explore the wonders of the sea as you discover the magic and mystery of underwater sea animals. You'll start with a 30-minute group swim lesson, and then learn about sea animals in and out of the water. Bring your own snack.

DATES	TIME	PRICES	CHECK-IN/OUT
Ages 3-5		\$195/M	Aquatics Center
7/5-9 8/2-6	9–11:30am	\$220/NMCM	
8/16-30	12:30–3pm	\$245/NM	
Ages 6-12			
7/19-24	12:30–3pm		

COMPETITIVE SWIM LESSON (AGES 6–12)
Advanced Swimmers
Get an in-depth look at the basics of competitive swimming. Water sessions will focus on developing each stroke and its associated drills and techniques. Camp will include education on proper athletic training, mental preparedness, and goal setting. Teamwork will be a core foundation of your experience. Suited for swimmers in Youth 5 group lessons or above. Ability to swim 25-yards in the deep pool required as a minimum.

DATES	TIME	PRICES	CHECK-IN/OUT
6/28-7/2	11:30–	\$195/M	Aquatics Center
7/12-16	1:30pm	\$220/NMCM	
8/2-6		\$245/NM	
8/16-30			
8/23-27			

SHARK (AGES 3–12)
Lions. Tigers. Sharks. Oh my! You'll start with a 30-minute group swim lesson, and then explore swimming with a shark fin and play shark games during open swim. You will then continue the adventure on dry land as you learn about sharks with fun activities. Bring your own snack.

DATES	TIME	PRICES	CHECK-IN/OUT
Ages 3-5		\$195/M	Aquatics Center
6/21-25 7/19-24	9–11:30am	\$220/NMCM	
8/2-6 8/23-27	12:30-3pm	\$245/NM	
Ages 6-12			
7/5-9 8/16-30	12:30-3pm		

MERMAID (AGES 3–12)
Experience the magical life of a mermaid! You'll start with a 30-minute group swim lesson to practice your technique, then explore swimming with a mermaid fin during open swim. You will then continue the adventure on dry land and learn about mermaids with fun activities. Bring your own snack.

DATES	TIME	PRICES	CHECK-IN/OUT
Ages 3-5		\$195/M	Aquatics Center
6/21-25 7/12-16	12:30-3pm	\$220/NMCM	
7/26-30	9–11:30am	\$245/NM	
Ages 6-12			
6/28-7/2 8/23-27	9–11:30am		
8/9-13	12:30-3pm		



SWIM CAMPS

AQUATICS CENTER: (425) 861-6274

FULL-DAY

***NEW* DAILY SEW & SWIM (AGES 6–10)**
Create. Design. Sew. Get creative as you sew your own mermaid or shark project. Perfect for beginners to learn the basic skills of hand stitching using a needle, thread, and felt. Then you will transition to the Aquatics Center for a fun-filled afternoon of swim games and activities. Life jackets provided for those who don't pass a swim test. You will bring home your own unique creation. Offered on Mondays only.

DATES	TIME	PRICES	CHECK-IN/OUT
6/28	9–4pm	\$90/M	Aquatics Center
7/12		\$100/NMCM	
8/2		\$110/NM	

SYNCHRONIZED SWIM (AGES 6-14)
Advanced Swimmers
Learn the fundamental skills of synchronized swimming while enhancing your strength, endurance, and flexibility. You'll also decorate accessories for a performance suit. Must be able to swim 50 yards continuously and tread water for 3–5 minutes (ages 8–14) or swim 20 feet and be comfortable under water (ages 6–7). All black swimsuit suggested.

DATES	TIME	PRICES	CHECK-IN/OUT
Ages 6-8	9–4pm	\$395/M	Aquatics Center
7/26-30 8/9-13		\$470/NMCM	
Ages 9-14		\$495/NM	
7/12-16 8/23-27			

DAILY FUNDAMENTAL SWIM (AGES 6–12)
Splash. Jump. Play. Come join the FUN in Aquatics through a combination of in-water and out-of-water activities. This camp includes a variety of swim sports, free swim time, and games/activities. Activities vary daily for a unique experience. Life jackets provided for those who do not pass a swim test.

DATES	TIME	PRICES	CHECK-IN/OUT
Every M/T/W/TH/F	9–4pm	\$75/M	Aquatics Center
6/21-25 6/28-7/2		\$85/NMCM	
7/5-9 8/2-6 8/9-13		\$95/NM	



***NEW* AQUA OLYMPIC (AGES 9–14)**
Go for the GOLD as you get a taste of different Olympic water sports! The event line-up includes synchronized swimming, water polo, competitive swimming, team games, and even open water swimming (off-site one day). Build friendships during friendly competitions, enjoy free swim time, and learn new skills. The week ends with a closing ceremony you won't forget! Life jackets provided for those who don't pass a swim test.

DATES	TIME	PRICES	CHECK-IN/OUT
7/19-24	9–4pm	\$395/M	Aquatics Center
8/16-30		\$470/NMCM	
		\$495/NM	

PEGASUS RANCH

AQUATICS LEADERSHIP (AGES 9–14)
Advanced Swimmers
Love the world of Aquatics? Then dive deeper and get fully immersed! You'll learn how to take care of a pool, test water levels, try different water games, perfect your stroke, and even learn the basics of how to lead a class. This camp focuses on teamwork, leadership skills, and problem solving with an Aquatics emphasis. Ability to swim 25-yards in the deep pool required as a minimum. PRO shuttles will transport campers to and from the Pegasus Ranch.

DATES	TIME	PRICES	CHECK-IN/OUT
7/26-30	9–4pm	\$395/M	Aquatics Center
		\$470/NMCM	
		\$495/NM	

JUNIOR LIFEGUARD (AGES 9–14)
Advanced Swimmers
Keep active as you learn valuable lifesaving skills. Get a taste of what it takes to be a lifeguard as you learn CPR, swimming, and first aid skills. Must be able to comfortably swim 50 yards. PRO shuttles will transport campers to and from the Pegasus Ranch.

DATES	TIME	PRICES	CHECK-IN/OUT
7/5-9	9–4pm	\$445/M	Aquatics Center
7/19-24		\$520/NMCM	
8/2-6 8/16-30		\$545/NM	