

## Be a part of the CDR LAP CLUB in 2016!

The CDR Lap Club is geared towards developing and maintaining swim endurance. Our Middle and Upper campers (2<sup>nd</sup>-8<sup>th</sup> grade) are invited to participate in this optional program during free swim, provided they have passed their Deep Water Test.

- ❖ Laps can be completed in any swim style. The number of laps will be logged in our lap book by a lifeguard at the end of each free swim session.
- ❖ Each camper who completes the required amount of laps over the summer will receive a CDR Lap Club certificate.

2 <sup>nd</sup> Graders	200 Laps
3 <sup>rd</sup> Graders	300 Laps
4 <sup>th</sup> Graders	400 Laps
5 <sup>th</sup> Graders	500 Laps
6 <sup>th</sup> Graders	500 Laps
7 <sup>th</sup> & 8 <sup>th</sup> Graders	500 Laps

- ❖ During your child's 1<sup>st</sup> week of camp, they will have the opportunity to sign up for this program.
- ❖ Please note: Children who are at camp less than 8 weeks will have a pro-rated amount of laps to swim.

We look forward to swimming with your children!



Narkiss Sternberg  
Aquatics Director

