



# PINECREST SWIM CAMP



There is a place for all competitive swimmers at Pine Crest Swim Camp

Pine Crest Swim Camp welcomes swimmers 8-19 years old

Join us on an amazing summer swimming adventure

## Pine Crest Swim Camp History

Established in 1965, Pine Crest Swim Camp is one of the most recognized names in the swimming world. Many of our campers continue in swimming to represent their country at the Olympic Games and other International events.

We are located in Fort Lauderdale, Florida on the picturesque campus of Pine Crest Preparatory School.

Pine Crest Swim Camp sets itself apart from other swim camps with international campers and staff members, coaching staff who swam at the Olympic Games, Olympic Trial or the collegiate level, state of the art accommodations and an experience that will last a lifetime.

### 2016 DATES

	Day	Overnight
Week 1	June 13-June 17	June 12-June 18
Week 2	June 20-June 24	June 19-June 25
Week 3	June 27-July 1	June 26-july 2
Week 4	July 4-July 8	July 3-july 9
Week 5	July 11-July 15	July 10-July 16
Week 6	July 18-July 22	July 17-July 23
Week 7	July 25-July 29	July 24-July 30





## Daily Schedule Overnight Campers

7:20 am Bus leaves from the hotel

8:00 – 8:25 am Breakfast @ Pine Crest

8:30 – 10:30 am Morning training: swimming

10:45 – 11:00 am Camp meeting and snack

11:00 – 12:00 pm Classroom or technique session

12:00 – 12:30 pm Lunch @ Pine Crest Cafe

12:30 pm Bus leaves for hotel

12:45 – 2:30 pm Rest period at the hotel

3:30 pm Bus leaves for pool

4:00 – 5:00 pm Afternoon practice: dry land

5:00 – 6:15 pm Afternoon practice: swimming

6:30 pm Dinner

7:00 – 8:45 pm Evening activity

9:00 – 9:15 pm Camper- counselor meeting

9:30 pm Lights out- quiet time



## Daily Schedule Day Campers

8:30 – 10:30 am Morning training: swimming

10:45 – 11:00 am Camp meeting and snack

11:00 – 12:00 pm Classroom or technique session

12:00 – 12:30 pm Lunch @ Pine Crest Cafe

12:45 – 2:00 pm watch a movie, stretch and relax out of the sun

2:00 – 3:30 pm rest period on campus

4:00 – 5:00 pm Afternoon practice: dry land

5:00 – 6:15 pm Afternoon practice: swimming



## ADDITIONAL INFORMATION

- Trips and activities include:  
Disney World, water park, fishing,  
laser tag, bowling, snorkeling
- Private lessons offered
- Video stroke analysis offered
- Health insurance required (U.S. or  
traveler's insurance)
- Complete health forms with first  
page notarized required prior to or  
upon arrival
- Overnight campers stay at the  
Sheraton Suites Cypress Creek



## RATES AND FEES

### *Registration Fee:*

Before May 1st \$ 100.00

After May 1st \$ 150.00

Overnight Camp: \$ 850.00

Day Camp: \$ 625.00

Escrow: \$ 200/ week

### *Airport Pick-up:*

Fort Lauderdale: \$ 0.00

Miami: \$ 125.00 each way

Palm Beach: \$ 125.00 each way