



The Fast Lane Swim Camp

The Fast Lane Swim Camp is one of the most **CREDIBLE** and **AFFORDABLE** swimming camps in Northeast Ohio. Our coaching staff is backed by **DECADES** of **EXPERIENCE**. We **GUARANTEE** you will get the highest quality instruction and the best value for your money.

The Fast Lane Swim Camp is designed for competitive swimmers 8-18 years old. Swimmers will be trained on: *stroke mechanics, stroke-specific drills, starts, turns, finishes, sport psychology, and sport nutrition*. **Swimmers will receive a personal DVD of their competitive strokes analyzed from an underwater view, a t-shirt, a swim cap, a team picture, and a small snack & drink daily.**

2010 Locations and Dates



***The Cleveland State University
Fast Lane Swim Camp***
June 14-17



***The Berea High School
Fast Lane Swim Camp***
June 21-24



***The Notre Dame College
Fast Lane Swim Camp***
June 28-July 1

For more information or registration go to www.fastlaneswimming.net
or contact Mike Gallagher @
440-638-4040 or coachmike@fastlaneswimming.net