

Camp Keyspot 2015 swim days

Camp Keyspot 2015 will walk over and swim at Dewing Park Swim Club this summer.
Here's everything you need to know about our swim days.



- **Where**
 - Dewing Park Swim Club
2060 Olympic Blvd
Walnut Creek CA 94595
- **When:**
 - Wed – 12:30pm – 4:00pm
 - Fri – 1:00pm – 4:30pm
- **What your child needs:**
 - Suit, Towel, Water Bottle, Snacks
- **Sunscreen vs Swim Shirts/Hats**
 - Please Sun Screen your child each morning before camp. We will reapply sunscreen before we leave for the pool and then again at each swim break
 - **SWIM SHIRTS/HATS WORK MUCH BETTER THAN SUNSCREEN AT PREVENTING SUNBURN.**
 - If your child has a propensity to be sunburned, please consider UV clothing as your primary option to avoid sun damage to your child.
- **Swim Testing**
 - **Deep End (diving well & Deeper area past blue center line in pool)**
 - Must swim (any stroke) 1 ½ lengths of the pool w/o stopping AND tread water for at least 30 seconds.
 - Swimmer may take test ONCE during each visit to the pool if they do not pass the first time
 - **Shallow End (shallow end of blue center line of pool)**
 - Must swim width of the pool w/o stopping AND tread water for 30 sec OR be able to stand in testing area with head above water
 - Swimmer may take test ONCE during each visit to the pool if they do not pass the first time
 - **Wading Pool (separate Pool at far end of grounds)**
 - NO TEST
 - Only Swimmers 6 years and younger allowed in this pool
 - **Non-Swimmers and Wading Pool Swimmers**
 - These kids will be given a bracelet during each visit to the pool to identify non-swimmers to the lifeguards and Keyspot Staff.

Swim day life hacks

Here are some tricks of the trade we have learned over the years that will help your camper. Enjoy!

- *Small towels are way better than super big Costco Beach towels*
- *Small back packs help the K-1 Campers from falling backwards on the walk to the pool*
 - *Anything chocolate in your child's swim bag will turn into molten LAVA.*
- *Frozen Water bottles will thaw to a nice crisp ice water by the time we get to the pool*
 - *Flip Flops = Awesome*
 - *Socks and Shoes = Not Awesome*