

Fort Resolution Swimming Camp

July 10-13, 2012

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The Fort Resolution camp had a slow start, as when we got there the pool didn't have any water in it. I helped them clean it and get it ready to be used. Water was put in the pool, but it took a long time to get that organised. Once the pool has water in it was discovered that there is no one in town who knows how the pumps work, so the pool couldn't be turned on. There is also no lifeguard in town, so they are in a sad situation with a beautiful pool that they can't use.

22 children arrived on the first day, 13 girls and 9 boys, between the ages of 7 and 14. On the first afternoon we went out to the beach on Great Slave Lake. We did floating, rotation floating, treading water and they were shown how to swim with the waves and use them to their advantage. Head up freestyle and life-saving skills were introduced, and they enjoyed trying to "save" each other. It was tricky being in the lake as the age difference was so big, which restricted how deep into the water we could go. It is also hard to keep an eye on that many little kids at the same time when we are outside.



Everyone came out again on the second day and we were able to use the swimming pool. The water was really cold, but they were all eager to swim anyway. We started off with some warm up games such as, penguin, ship-to-shore and, turtles-&-sharks. The kids practiced floating, streamlining, and then swimming freestyle with their faces in the water. The older kids tried to do head on kicking where they lie facing each other and each kick to see how far they can push the other across the pool. Dolphin kick was introduced and some hypoxic games were played. We ended with a game of lunchbox and what time is it Mr. shark.

Overall the swimming ability was not bad in Fort Resolution and they all seemed eager swim and learn more skills.

