

Typical Daily Schedule

6:45am	Wake Up
7:00am	Leave for breakfast
7:45am	Day Campers Arrive
8-8:50am	Technique discussion
9-10am	Stroke Drills
10-11:15am	Starts, Turns, & Finishes
11:15am	Games/ Diving Boards/ Jacuzzi
11:35am	Leave for lunch
11:45am	Lunch
12:45pm	Goals Talk
2-3pm	Dryland Training
3:15-5:00pm	Long Course Training
5:00pm	Day Campers Depart
5:45pm	Dinner
7:00pm	Free time – games, etc.
7:45pm	Tie Dye
10pm	Lights out!