

Tentative Camp Daily Schedule:

Oles

Sunday

12:00 pm	check-in
1:00 pm	introductions
2:30 pm	video/lecture
3:10 pm	pool instruction
4:30 pm	dry land
5:30 pm	dinner
7:00 pm	group session
7:30 pm	free-time/get
10:00 pm	in rooms
10:15 pm	lights out

Monday - Thursday

6:20 am	wake-up	
6:30 am	leave for pool	
6:40 am	pool instruction	
8:15 am	breakfast	
10:00 am	group session	
11:00 am	pool (video sessions)	
12:00 pm	lunch	
12:30 pm	ind. video review, free 2:15 pm	stroke lecture
3:00 pm	pool instruction	
4:45 pm	dry land	
5:45 pm	dinner	
6:30 pm	free-time (activities)	
10:00 pm	in rooms	
10:15 pm	lights out	

Thursday PM

1:00 pm	Clean rooms /turn in keys
2:00 pm	dry land training
3:00 pm	swim meet
4:00 pm	meet the coaches
5:00 pm	depart

Saints

Sunday

12:00 pm	check-in
1:00 pm	introductions
2:45 pm	video/lecture
3:45 pm	dry land
4:30 pm	pool instruction
6:15 pm	dinner
7:00 pm	group session
7:30 pm	free-time/get acquainted
10:00 pm	in rooms
10:15 pm	lights out

Monday - Thursday

7:10 am	wake-up
7:25 am	leave for breakfast
7:30 am	breakfast
8:15 am	pool instruction
9:45 am	pool (video, starts & turns)
11:00 am	ind. video review
12:00 pm	lunch, free-time
2:15 pm	group session
2:45 pm	stroke lecture
3:30 pm	dry land
4:30 pm	pool instruction
6:00 pm	dinner
6:30 pm	free-time (activities)
10:00 pm	in rooms
10:15 pm	lights out

Thursday PM

1 pm.	Clean rooms and turn in keys
2:00 pm	dry land training
3:00 pm	swim meet (family/friends)
4:00 pm	meet the coaches
5:00 pm	depart

Sunday – ice cream

Monday – bonfire and s'mores

Tuesday – pizza and movie

Wednesday – camp dance