

	Monday		Tuesday		Wednesday		Thursday		Friday
8:00a	Camp Check In & Arrival	8:00a	Camp Check In & Arrival	8:00a	Camp Check In & Arrival	8:00a	Camp Check In & Arrival	8:00a	Camp Check In & Arrival
8:15a		8:15a		8:15a		8:15a		8:15a	
8:30a		8:30a		8:30a		8:30a		8:30a	
8:45a		8:45a		8:45a		8:45a		8:45a	
9:00a	Morning Pool Deck Rally <i>Group attendance, swim camp rules, swim goggle checks and swim themed icebreakers</i>	9:00a	Morning Pool Deck Rally & Morning Swim	9:00a	Morning Pool Deck Rally & Morning Swim	9:00a	Morning Pool Deck Rally & Morning Swim	9:00a	Morning Pool Deck Rally & Morning Swim
9:15a	<i>ex. Lifeguard, Swimmer, Shark or The Deck is Flooding</i>	9:15a		9:15a		9:15a		9:15a	
9:30a	Morning Swim	9:30a		9:30a		9:30a		9:30a	
9:45a		9:45a		9:45a		9:45a		9:45a	
10:00a		10:00a		10:00a		10:00a		10:00a	
10:15a		10:15a		10:15a		10:15a		10:15a	
10:30a	SwimStrong Swimming Dryland Conditioning & Swim Team Building Activities <i>ex. Human Knot Swim Cap</i>	10:30a	SwimStrong Swimming Dryland Conditioning & Design a Swim Team <i>ex. Gear Relay - team logo, pick a mascot and create a team cheer</i>	10:30a	SwimStrong Swimming Dryland Conditioning & Fast-Paced Listening & Physical Response Movement Activities <i>ex. Land, Sea, Air Game</i>	10:30a	SwimStrong Swimming Dryland Conditioning & Long Axis Strokes Bilateral Coordination Games	10:30a	SwimStrong Swimming Applied Educational Activities <i>ex. aluminum foil boat challenge followed by a jeopardy style game on pool rules and water safety</i>
10:45a		10:45a		10:45a		10:45a		10:45a	
11:00a		11:00a		11:00a		11:00a		11:00a	
11:15a		11:15a		11:15a		11:15a		11:15a	
11:30a	Olympic Theater <i>Historic/inspiring clips of Olympic swimming races, water polo or artistic swimming to spark discussions and motivation</i>	11:30a	Olympic Theater <i>Historic/inspiring clips of Olympic swimming races, water polo or artistic swimming to spark discussions and motivation</i>	11:30a	Olympic Theater <i>Historic/inspiring clips of Olympic swimming races, water polo or artistic swimming to spark discussions and motivation</i>	11:30a	Olympic Theater <i>Historic/inspiring clips of Olympic swimming races, water polo or artistic swimming to spark discussions and motivation</i>	11:30a	Olympic Theater <i>Historic/inspiring clips of Olympic swimming races, water polo or artistic swimming to spark discussions and motivation</i>
11:45a		11:45a		11:45a		11:45a		11:45a	
12:00p	Afternoon Swim	12:00p	Afternoon Swim	12:00p	Afternoon Swim	12:00p	Afternoon Swim	12:00p	Afternoon Swim
12:15p		12:15p		12:15p		12:15p		12:15p	
12:30p		12:30p		12:30p		12:30p		12:30p	
12:45p		12:45p		12:45p		12:45p		12:45p	
1:00p		1:00p		1:00p		1:00p		1:00p	
1:15p	Life Jacket Safety & Reach, Throw, Don't Go	1:15p	Life Jacket Relays & Lifeguard Rescue Relays	1:15p	Water Coordination & Boat Safety	1:15p	Swim Endurance Building <i>ex. Floating Islands, Pool Obstacle Course & Shirt Swap Relay</i>	1:15p	Swim Olympics
1:30p		1:30p		1:30p		1:30p		1:30p	
1:45p		1:45p		1:45p		1:45p		1:45p	
2:00p		2:00p		2:00p		2:00p		2:00p	
2:15p		2:15p		2:15p		2:15p		2:15p	
2:30p	Swim Technique Dryland Activities <i>ex. Scooter Board Freestyle Relays & Wet Sponge Overpass to reinforce streamline positioning and sholder flexibility needed for efficient swimming</i>	2:30p	Swim Technique Dryland Activities <i>ex. Scooter Board Breaststroke Relays & Swim Team Captain's Orders</i>	2:30p	Swim Technique Dryland Activities <i>ex. Scooter Board Backstroke Relays & Flapping Seal Relay to work on backstroke and butterfly body line positioning</i>	2:30p	Water Safety Scavenger Hunt <i>ex. Find pool safety equipment in the facility & talk to pool safety personnel</i>	2:30p	Swim Movie or Swim Crafts <i>ex. Pride or The Other Shore</i>
2:45p		2:45p		2:45p		2:45p		2:45p	
3:00p		3:00p		3:00p		3:00p		3:00p	
3:15p		3:15p		3:15p		3:15p		3:15p	
3:30p		3:30p		3:30p		3:30p		3:30p	
3:45p		3:45p		3:45p		3:45p		3:45p	
4:00p	Swimming Goal Setting & Personal Progress Evaluation	4:00p	Swimming Goal Setting & Personal Progress Evaluation	4:00p	Swimming Goal Setting & Personal Progress Evaluation	4:00p	Swimming Goal Setting & Personal Progress Evaluation	4:00p	Swimming Goal Setting & Personal Progress Evaluation
4:15p		4:15p		4:15p		4:15p		4:15p	
4:30p		4:30p		4:30p		4:30p		4:30p	
4:45p		4:45p		4:45p		4:45p		4:45p	