

## A Typical Day in Swimsport Camp

### Sailing – 8:30 am to 5:30 pm

8:30–9:00	Drop off/Group activities
9:00–10:00	Group activities (court sports, team sports, etc)
10:00–11:00	Rock Climbing
11:00-12:00	Instructional Swim
12:00–12:45	Lunch
12:45–1:15	Outside activity (team building)
1:15–4:00	Sailing
4:00–5:00	Open Swim
5:00–5:30	Pick up/Group activities

### Swimming – 8:30 am to 5:30 pm

8:30–9:00	Drop off/Group activities
9:00–10:00	Group activities (court sports, team sports, etc)
10:00–11:00	Soccer and/or Basketball
11:00-12:00	Instructional Swim
12:00–12:45	Lunch
12:45–1:15	Art and Games
1:15–2:00	Ultimate Gym Games
2:00–3:00	Health and Fitness activity
3:00–4:00	Instructional Swim
4:00–5:00	Rock Climbing
5:00–5:30	Pick up/Group activities

### Competitive Swimming – 8:30 am to 5:30 pm

8:30–9:00	Drop off/Group activities
9:00–9:45	Dry land exercises and stretching
9:45–11:00	Swim Session 1
11:15–12:00	Classroom session/Guest speaker
12:00–12:45	Lunch
12:45–1:30	Group games
1:30–3:15	Swim Session 2
3:30–4:15	Rock Climbing or Free swim
4:15–5:00	Group games
5:00–5:30	Pick up/Group activities

### Dance – 8:30 am to 5:30 pm

8:30–9:00	Drop off/Group activities
9:00–9:15	Daily meeting and schedule
9:15–10:15	Dance Class #1
10:15–10:30	Snack
10:30–11:30	Dance Class #2
11:30–12:30	Dance Class #3
12:30–1:00	Lunch
1:00–1:45	Activity #1
1:45–2:30	Activity #2
2:30–3:30	Dance Class #4
3:30–3:45	Snack
3:45–4:45	Dance Class #5
4:45–5:30	Activity #3/Pick up