

Camper's Daily Schedule						
Sessions 1, 3 and 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am		Breakfast in café	Breakfast in café	Breakfast in café	Breakfast in café	Breakfast in café
8:10am		Roll call-sign up for daily activity-go to pool	Roll call-sign up for daily activity-go to pool	Roll call-sign up for daily activity-go to pool	Roll call-sign up for daily activity-go to pool	Roll call-go to pool
Bus Activity						
8:45am		Stretching on deck - GATORADE TALK	Stretching on deck	Stretching on deck	Stretching on deck	Stretching on deck
9:00am		Practice in groups	Practice in groups	Practice in groups	Practice in groups	Warm up, intros for parents & practice in groups
10:30am						Goodbyes from coaches
10:45am		Roll call-Silver return to dorm	Roll call-Silver return to dorm	Roll call-Silver return to dorm	Roll call-Silver return to dorm	Roll call-all groups return to dorm
11:10am		Roll call-White & Maroon return to dorm	Roll call-White & Maroon return to dorm	Roll call-White & Maroon return to dorm	Roll call-White & Maroon return to dorm	Check-out of dorm
11:00am		Lunch in café	Lunch in café	Lunch in café	Lunch in café	
12:00noon		Roll call for activity groups (all groups not staying at dorm meet in lobby)	Roll call for activity groups (all groups not staying at dorm meet in lobby)	Roll call for activity groups (all groups not staying at dorm meet in lobby)	Roll call for activity groups (all groups not staying at dorm meet in lobby)	
12:15pm		Afternoon activity	Afternoon activity	Afternoon activity	Afternoon activity	
1:15pm		Roll call-dorm campers go to pool	Roll call-dorm campers go to pool	Roll call-dorm campers go to pool	Roll call-dorm campers go to pool	
2:00pm	Check-in, unpack & meet your roommates	Videotaping & stroke analysis at the pool	Videotaping & stroke analysis at the pool	Videotaping & stroke analysis at the pool	Videotaping & stroke analysis at the pool	
3:40pm		Roll call-campers return to dorm	Roll call-campers return to dorm	Roll call-campers return to dorm	Roll call-campers return to dorm	
4:00pm	Roll call-meet your group & review rules & schedule	Roll call - remaining campers return to dorm	Roll call - remaining campers return to dorm	Roll call - remaining campers return to dorm	Roll call - remaining campers return to dorm	
4:30pm	Dinner in café	Dinner in café	Dinner in café	Dinner in café	Dinner in café	
5:15pm	Roll call-all groups go to pool	Roll call-all groups go to pool	Roll call-all groups go to pool	Roll call-all groups go to pool	Roll call	
5:30pm	Picture Day at the pool!! Wear your camp shirt	Stroke forum	Stroke forum	Stroke forum	College Talk- All 14&Older Campers	
5:45pm	Stroke forum					
6:30pm	Stroke session-1st group	Stroke session-1st group	Stroke session-1st group	Stroke session-1st group	Clean up dorms	
7:00pm	Stroke session-2nd group	Stroke session-2nd group	Stroke session-2nd group	Stroke session-2nd group		
7:30pm	Roll call-go back to dorm-1st group	Roll call-go back to dorm-1st group	Roll call-go back to dorm-1st group	Roll call-go back to dorm-1st group	TALENT SHOW in Theatre	
8:00pm						
8:15pm	Roll call-go back to dorm-2nd group	Roll call-go back to dorm-2nd group	Roll call-go back to dorm-2nd group	Roll call-go back to dorm-2nd group		
8:30pm	Lobby Activity - Making Door Signs	Lobby Activity - T-Shirt Designing/Ice Cream Social	Lobby Activity - Puzzle Night/Movie Night/Selfie Challenge	Lobby Activity - Obstacle Course		
10:00pm	Lights out	Lights out	Lights out	Lights out	All campers in rooms	