

Parent's Camp Guide

EACH SWIM CAMP WILL FEATURE UNIQUE HIGHLIGHTS DURING THE DAY/WEEK BUT WILL FOLLOW THE SAME BASIC TIME STRUCTURE
BREAK DOWN:

- 9:00 - 9:15AM - CHECK-IN & INTRODUCTIONS.
- 9:15 - 9:30AM - DRY-LAND EXERCISES/FITNESS.
- 9:30 - 10:15AM - SWIM INSTRUCTION.
- 10:15 - 10:30AM - WATER SAFETY DRILLS.
- 10:30 - 11:15AM - OPEN SWIM & POOL GAMES.
- 11:15 - 11:30AM - CHANGE OUT OF POOL CLOTHES. 11:30 -
- 11:45AM - SNACK / LUNCH BREAK.
- 11:45 - 12:45PM - ACTIVITY / HIGHLIGHT OF THE DAY. 12:45 -
- 1:00PM - CLOSING GAMES & PICK-UP.

All Campers Should Bring:

- Towel
- Swim Suit
- Goggles
- Appropriate change of clothes (Depending on Weather)
- Nutritious lunch

