

# CAROLINA SWIM CAMP

## THE CAMP OF CHAMPIONS

6:00 A.M.	Optional pool workout group departs for pool
7:15 A.M.	Breakfast
8:15-8:30 A.M.	Commuter Campers arrive at pool
8:45 – 9:30 A.M.	Presentation of a stroke
9:30 – 11:30 A.M.	<b>Swim Session</b>
12:00 – 1:00 P.M.	Lunch
1:15-2:00 P.M.	Presentation of starts & turns
2:00 - 5:15 P.M.	<b>Swim Session &amp; Dryland session</b>
5:30 P.M.	Commuter campers picked up
5:45 P.M.	Dinner
6:30 – 9:30 P.M.	Camp Activity
10:00 P.M.	Lights Out