

# Swim PEI: Best Times of your life!

## Swim Camp Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 9:00	Swimmer's dropped off and head to the pool to stretch, get ready for practice	Swimmer's dropped off and head to the pool to stretch, get ready for practice	Swimmer's dropped off and head to the pool to stretch, get ready for practice	Swimmer's dropped off and head to the pool to stretch, get ready for practice	Swimmer's dropped off and head to the pool to stretch, get ready for practice
9:00 to 11:00	Water Practice: Focus on Freestyle (kicking, starts and timing)	Water Practice: Focus on Butterfly (kicking, starts and timing)	Water Practice: Focus on IM	Water Practice: Focus on Backstroke (pull patterns, efficiency and turns)	Water Practice: Focus on Breaststroke (pull patterns, efficiency and turns)
11:15 to 12:00	Class : video analysis (Freestyle) and Games	Class : video analysis (Backstroke) and Games	Class : video analysis (Breaststroke) and Games	Class : video analysis (Butterfly) and Games	Class : video analysis (IM) and Games
12:00 to 12:45	Lunch ( <b>Bring your own!!!</b> )	Lunch ( <b>Bring your own!!!</b> )	Lunch ( <b>Bring your own!!!</b> )	Lunch ( <b>Bring your own!!!</b> )	Lunch ( <b>Bring your own!!!</b> )
12:45 to 1:00	Head back to Classroom	Head back to Classroom	Head back to Classroom	Head back to Classroom	Head back to Classroom
1:00 to 1:45	Class: Goal Setting and Games	Class: Analyzing your races and Games	Class: Team Building and Games	Class: Analyzing your training habits and Games	Class: What did we learn at camp? and Games
1:45 to 2:00	Head to the Pool	Head to the Pool	Head to the Pool	Head to the Pool	Head to the Pool
2:00 to 4:00	Water Practice: Focus on Backstroke (kicking, starts and timing)	Water Practice: Focus on Breaststroke (kicking, starts and timing)	Water Practice: Focus on Freestyle (pull patterns, efficiency and turns)	Water Practice: Focus on Butterfly (pull patterns, efficiency and turns)	Water Practice: Focus on IM
4:00 to 4:15	Debrief the water session	Debrief the water session	Debrief the water session	Debrief the water session	Debrief the water session
4:15 to 4:30	Get change to go home	Get change to go home	Get change to go home	Get change to go home	Get change to go home
4:30 Sharp!	Swimmer Pick Up	Swimmer Pick Up	Swimmer Pick Up	Swimmer Pick Up	Swimmer Pick Up