**Advanced Swim Camp**

**Day 1 Outline**

830-9 Register

9-930 Talk1

930-1045 Swim 1A Gym 1B

1045-1215 Swim 1B Gym 1A

Lunch

1330-1500 Swim 2A Gym 2B

1500-1630 Swim 2B Gym 2A

1645-1700 Wrap Up

1700-1730 Collection

**Day 2 Outline**

830-845 Register

845-930 Talk2

930-1045 Swim 3A Gym 3B

1045-1215 Swim 3B Gym 3A

Lunch

1330-1500 Swim 4A Gym 4B

1500-1630 Swim 4B Gym 4A

1645-1700 Wrap Up

1700 Collection

***Group A = younger group***

***Complete swims earlier slots 930-1045 & 1330-1530 to avoid becoming too tired later in day***

***Group B = older group***

***Complete swims later slots 1045-1215 & 1500-1630 as energy will last longer for swimming through day***

Talk1: Safety / Behaviours / Outline of Day / Key Focus Points

1A Swim: Streamlining / Free Drills & Technique / Starts

1B Land: Stretching / Core

2A Swim: Backstroke Drills & Technique / Tumble Turns / Relay Takeovers

2B Land:: Stretching / ABCs

Talk2: Outline Day 2 / ‘Being a Champion’

3A Swim: Fish Kicking / Fly Drills / Touch Turns

3B Land:: Stretching / Basic Strength Exercises

4A Swim: Brst Drills & Technique / Back to Brst Turn / Fun Relays

4B Land:: ABCs Games