

## SPIRE Swimming 3 Day Camp Schedule

Day 1		
	2:00 pm	Arrive at SPIRE [Check In]
	3:00 pm	Introductions
	4:30 pm	Dinner at SPIRE Fuel
	5:30 pm	Training Session #1
	8:00 pm	Free Time/Group Activities
	10:00 pm	Lights Out

Day 2		
	8:00 am	Breakfast at SPIRE Fuel
	8:30 am	Practice Prep with Coach
	10:00 am	Training Session #2
	12:00 pm	Lunch at SPIRE Fuel
	1:30 pm	Training Session #3
	3:30 pm	Mental Skills Training
	5:00 pm	Dinner at SPIRE Fuel
	6:00 pm	Group Activity
	8:00 pm	Free Time
	10:00 pm	Lights out

Day 3		
	8:00 am	Breakfast at SPIRE Fuel
	8:30 am	Practice Prep with Coach
	10:00 am	Training Session #4
	11:30 am	Lunch at SPIRE Fuel and Award Presentation
	12:00 pm	Depart from SPIRE

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**ADDRESS**

SPIRE Institute 5201 SPIRE Circle  
Geneva, OH 44041

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**CONTACT**

office: 440.466.1002.

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**EMAIL**

info@spireinstitute.org  
www.spireinstitute.org