

SPIRE Swimming 5 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, 3, 4		
	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	SPIRE Performance [Weight Training]
	5:00 pm	Dinner at SPIRE Fuel
	6:00 pm	Group Activity
	8:00 pm	Free Time
	10:00 pm	Lights out

Day 5		
	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

ADDRESS

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CONTACT

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