

# SPIRE Swimming Schedule Stroke Camp

## Sunday

2:30 pm - 3:00 pm	Final Registration at SPIRE Academy Entrance
3:00 pm	Camp Meeting with Campers and Parents then Games Outside
5:30 pm - 6:00 pm	Dinner at SPIRE Fuel
6:00 pm - 6:10 pm	Roll Call and Walk to the Pool
6:10 pm - 6:30 pm	Stroke Talk
6:30 pm - 7:50 pm	Swimming Session [Stroke Work]
8:00 pm	Day Campers Pick-up at SPIRE Academy Entrance
8:00 pm	Return to Housing
8:30 pm - 10:00 pm	Free Time / Group Activities
10:00 pm	Lights Out

## Monday, Tuesday, and Wednesday

7:30 am	Wake Up
8:00 am	Day Campers Check In at SPIRE Academy Entrance
8:00 am - 8:10 am	Walk to SPIRE Academy and Check In
8:10 am - 8:30 am	Breakfast at SPIRE Fuel
8:30 am - 8:45 am	Academy Presentation (Tuesday)
8:45 am - 9:30 am	Dryland / Warm up
9:30 am - 10:00 am	Stroke Talk
10:00 am - 11:30 am	Swimming Session [Stroke Work]
12:00 pm - 1:30 pm	Lunch in SPIRE Fuel and Relax
1:30 pm - 3:30 pm	Swimming Session [Stroke, Starts, Turns]
4:00 pm - 5:00 pm	SPIRE Performance [Weight Room]
5:00 pm	Day Campers Pick-up at SPIRE Academy Entrance
5:30 pm - 6:00 pm	Rest and Dinner at SPIRE Fuel
6:00 pm - 8:00 pm	Exploring SPIRE and Group Activities / Games
8:00 pm	Leave for Housing
8:30 pm - 10:00 pm	Free Time
10:00 pm	Lights Out

## Thursday

7:30 am	Wake Up
8:00 am	Day Campers Check In at SPIRE Academy Entrance
8:00 am - 8:10 am	Walk to SPIRE Academy and Check In
8:10 am - 8:30 am	Breakfast at SPIRE Fuel
8:30 am - 9:30 am	Dryland / Warm Up
9:30 am - 10:00 am	Stroke Talk / Goal Talk
10:00 am - 11:30 am	Swimming Session (Start, Turns)
11:40 am - 12:00 pm	Camp Wrap up with Campers and Parents