

Christmas Camp Planner 2016

	Saturday 24	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
6 am						
:30						
7 am						
:30						
8 am	Land training	Land training	Land training	Land training	Land training	Land training
:30	Land training	Land training	Land training	Land training	Land training	Land training
9 am	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1
:30	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1
10 am	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1
:30	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1	Swim session 1
11 am	Break	Break	Break	Break	Break	Break
:30	Group stretch	Group stretch	Group stretch	Group stretch	Group stretch	Group stretch
12 pm	Camp complete	Lunchbreak	Lunchbreak	Lunchbreak	Lunchbreak	Camp complete
:30		Lunchbreak	Lunchbreak	Lunchbreak	Lunchbreak	
1 pm		Relaxation	Relaxation	Relaxation	Relaxation	
:30		Visualization	Visualization	Visualization	Visualization	
2 pm		Swim session 2	Swim session 2	Swim session 2	Swim session 2	
:30		Swim session 2	Swim session 2	Swim session 2	Swim session 2	
3 pm		Swim session 2	Swim session 2	Swim session 2	Swim session 2	
:30		Swim session 2	Swim session 2	Swim session 2	Swim session 2	
4 pm		Camp complete	Camp complete	Camp complete	Camp complete	