



2024 SUMMER SESSION ITINERARY (SUBJECT TO CHANGE)

SUNDAY:

3:00-4:45PM CHECK-IN @ DORMS
4:45PM STAFF INTRODUCTIONS/WALK TO POOL FOR EVENING SESSION
5:00-6:00PM TRAINING SESSION SCY
6:30PM DINNER & ICE BREAKER ACTIVITIES
7:45-10:00PM ORGANIZED GAMES AND ACTIVITIES / SUPERVISED FREE TIME @DORMS
10:15PM LIGHTS OUT

MONDAY:

7:00AM WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM BREAKFAST @ O'HILL DINING HALL
9:00-11:00AM TRAINING SESSION #1 LC – FREESTYLE & BACKSTROKE
11:30PM LUNCH @ O'HILL DINING HALL
1:00-3:00PM FREE TIME @ DORMS
4:00-6:00PM TRAINING SESSION #2 – SCY STATIONS
6:30PM DINNER @ O'HILL DINING HALL
7:45PM ORGANIZED TEAM ACTIVITIES / SUPERVISED FREE TIME @ DORMS
10:15PM LIGHTS OUT

TUESDAY:

7:00AM WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM BREAKFAST @ O'HILL DINING HALL
9:00-11:00AM TRAINING SESSION #1 LC - BREASTSTROKE
11:30PM LUNCH @ O'HILL DINING HALL
1:00-3:30PM FREE TIME @ DORMS
4:00-6:00PM TRAINING SESSION #2 SCY STATIONS
6:30PM DINNER @ O'HILL DINING HALL
7:45PM ORGANIZED TEAM ACTIVITIES / SUPERVISED FREE TIME @ DORMS
10:15PM LIGHTS OUT

WEDNESDAY:

7:00AM WAKE UP/COUNSELORS KNOCK CHECK
7:30AM BREAKFAST @ O'HILL DINING HALL
9:00-11:00AM TRAINING SESSION #1 LC - BUTTERFLY
11:30PM LUNCH @ O'HILL DINING HALL
1:00-3:00PM FREE TIME @ DORMS
4:00-6:00PM TRAINING SESSION #2 SCY STATIONS
6:30PM DINNER @ O'HILL DINING HALL
7:45PM ORGANIZED TEAM ACTIVITIES / SUPERVISED FREE TIME AT DORMS
10:15PM LIGHTS OUT

THURSDAY:

7:00AM WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM BREAKFAST @ O'HILL DINING HALL
9:00-10:15AM MINI-MEET LCM/50'S RACE EACH STROKE; PARENT WELCOME IN STANDS
10:30AM GOODBYES & AWARDS/CAMP STORE IN LOBBY
10:45-11:30AM CHECK OUT @ DORMS/CAMP STORE @ POOL