



SWIM CAMP III: JUNE 16-20, 2013

Equipment: Adequate swim suits/towels/goggles/tennis shoes/appropriate dryland attire

Dorm Rooms: Bed Linens are provided. **Pillow, Blankets & Towels are NOT provided.**
 Small refrigerators and microwaves are in the dorm rooms.
Fans are highly recommended. Rooms are NOT air-conditioned.

PENN STATE SWIM CAMP III – “TENTATIVE” SCHEDULE

First Day, June 16

11:00 a.m. - 2:00 p.m.	Final Registration - Findlay Commons
3:00	Camp Meeting**- Outside of female dorm
4:30	Dinner
6:15	Arrive at pool
6:20	Team Building Activity
7:00	Freestyle Technique Session
9:15	Snack Time
10:30	Dorm Meeting
11:00	Lights out

Full Days

7:00 a.m.	Breakfast
8:15	Stretch at Outdoor Pool
8:30	Workout/Video
10:30	Video or Presentation
11:30	Lunch
1:30 p.m.	Stroke Talk (Fly/Back/Breast)
2:00	Technique Session (Starts/Turns/Drills)
3:30	Fitness Profile/Dryland/Cheer
4:30	Dinner
6:30	Stretch
6:45	Workout/Video
8:30	Movie/Talent Show/Freetime
10:30	Dorm Meeting
11:00	Lights outs!

Last Day June 20

7:30 a.m.	Breakfast
8:15	Stretch
8:30	Workout/Video
11:00	Award Presentation (Parents/ Legal guardians welcome to attend)
11:30	Pizza
12:00 p.m.	Check out, Turn in key

Please make arrangements for a specific time and place to pick up your camper.

NOTE **Camp meeting is open to and optional for parents/legal guardians. The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.

Note: Please bring appropriate dryland attire and tennis shoes to camp.