

# Sample Schedule for St. Olaf Swim Camp

**This schedule is subject to change.  
Swimmers are divided into two groups, the Oles and the Saints.**

<b>TEAM Oles</b>		<b>TEAM Saints</b>	
12:00 pm	check-in	12:00 pm	check-in
1:00 pm	introductions	1:00 pm	introductions
2:45 pm	video/lecture	2:45 pm	video/lecture
3:30 pm	dryland	3:30 pm	pool instruction
4:45 pm	pool instruction	4:45 pm	dryland
6:15 pm	dinner	6:15 pm	dinner
7:00 pm	group session	7:00 pm	group session
7:30 pm	free-time/get acquainted	7:30 pm	free-time/get acquainted
10:00 pm	in rooms	10:00 pm	in rooms
10:15 pm	lights out	10:15 pm	lights out
<b>Monday - Thursday</b>		<b>Monday - Thursday</b>	
6:20 am	wake-up	7:10 am	wake-up
6:30 am	leave for pool	7:25 am	leave for breakfast
6:40 am	pool instruction	7:30 am	breakfast
8:15 am	breakfast	8:15 am	pool instruction
10:00 am	group session	9:45 am	pool (video, starts & turns)
11:00 am	pool (video, starts & turns)	11:00 am	ind. video review
12:00 pm	lunch	12:00 pm	lunch, free-time
12:30 pm	ind. video review, free-time	2:00 pm	group session
2:15 pm	stroke lecture	2:45 pm	stroke lecture
3:00 pm	pool instruction	3:30 pm	dryland
4:45 pm	dryland	4:45 pm	pool instruction
5:45 pm	dinner	6:00 pm	dinner
6:30 pm	free-time (activities)	6:30 pm	free-time (activities)
10:00 pm	in rooms	10:00 pm	in rooms
10:15 pm	lights out	10:15 pm	lights out
<b>Thursday PM</b>		<b>Thursday PM</b>	
1:00 pm	clean rooms, pack	1:00 pm	clean rooms, pack
2:00 pm	dryland training	2:00 pm	dryland training
3:00 pm	swim meet	3:00 pm	swim meet
4:00 pm	check out	4:00 pm	check out