

# PRINCETON UNIVERSITY

## SWIMMING CAMPS

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**Camp 1: June 20-24, 2023 | Camp 2: June 26-30, 2023**

*For day campers the fee includes instruction, meals (dinner on Day 1, lunch on Days 2, 3, 4 & 5) and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.*

#### **Day 1**

- 2:30p | Check-In
- 4:00p | Camp Orientation
- 4:30p | Evening Pool Session
- 6:30p | Dinner
- 7:30p | Day Campers Pick-Up at DeNunzio Pool**
- 9:00p | Free Time
- 10:00p | Lights Out

#### **Day 2, Day 3 & Day 4**

- 7:30a | Wake Up & Breakfast
- 8:00a | Day Campers Drop-Off at DeNunzio Pool**
- 8:15a | Classroom Presentation – Stroke/Video
- 9:15a | Pool Session 1
- 11:15a | Dryland Training
- 12:00p | Lunch
- 1:00p | Classroom Presentation – Swimming skills
- 2:00p | Pool Session 2
- 4:00p | Group Activity/Game
- 5:30p | Day Campers Pick-Up at DeNunzio Pool**
- 6:00p | Dinner
- 7:30p | Evening Presentation or Group Activity
- 9:00p | Free Time
- 10:00p | Lights Out

#### **Day 5: Final Day of Camp**

- 7:30a | Wake Up & Breakfast
- 8:00a | Day Campers Drop-Off at DeNunzio Pool**
- 8:15a | Classroom Presentation – Stroke/Video
- 9:15a | Pool Session 1
- 11:15a | Dryland Training
- 12:00p | Lunch
- 1:00p | Classroom Presentation – Swimming skills
- 2:00p | Pool Session 2
- 4:30p | Check-Out and Pick-Up from dorms for Overnight Campers**