

PRINCETON UNIVERSITY SWIM CAMP - DAILY SCHEDULE

Day 1: Tuesday June 23rd/Monday June 29th

Orange Group	NOTES:	Black Group	NOTES:
8:00-9:45 AM	Check In @ Dorms (Henry/Folke)	8:00-9:45 AM	Check In @ Dorms (Henry/Folke)
10:00-10:30 AM	Meeting @ pool	10:00-10:30 AM	Meeting @ pool
10:45-12:15 PM	First Pool Session	10:45-12:15 PM	First Pool Session
12:45-1:30 PM	Lunch @ NCW	12:45-1:30 PM	Lunch @ NCW
1:45-2:30 PM	Lecture	1:45-2:30 PM	Lecture
2:45-3:30 PM	Dryland	2:45-3:45 PM	Swim
3:45-5:00 PM	Swim	4:00-5:00 PM	Dryland
5:15 PM	Day camper pickup & Overnights to Dinner	5:15 PM	Day camper pickup & Overnights to Dinner
6:15 PM	Ice Breakers	6:15 PM	Ice Breakers
8:00-9:00 PM	Counselor Orientation w/ groups	8:00-9:00 PM	Counselor Orientation w/ groups
9:30 PM	Lights Out	9:30 PM	Lights Out

Days 2 & 3

Wednesday June 25th & Thursday June 26th/ Tuesday June 30th & Wednesday July 1st

Orange Group	NOTES:	Black Group	NOTES:
5:45 AM	Wake Up		
6:15-7:30 AM	Optional Swim		
7:15 AM	Wake Up	7:15 AM	Wake Up
7:45 - 8:30 AM	Breakfast @ NCW	7:45-8:30 AM	Breakfast @ NCW
8:45-9:45 AM	Lecture	8:45-9:45 AM	Lecture

Day 2: Backstroke, Day 3: Butterfly, Day 4: Breaststroke

10:00-11:00 AM	Dryland (White Peff or the Pit)	10:00-11:15 AM	Pool Session
11:15AM-12:45 PM	Pool Session	11:30 AM-12:15 PM	Dryland (White Peff or the Pit)
1:00-2:15 PM	Lunch @ NCW	12:30-1:30 PM	Lunch @ NCW
		1:30-2:15 PM	Down Time
2:30-3:15 PM	Lecture (W-Neuro A32, Th-Frick B02)	2:30-3:15 PM	Lecture (W-Neuro A32, Th-Frick B02)

Day 2: Gas Tanks, Day 3: Nutrition

3:15-4:45 PM	Pool Session (stations) starts/video/turns power/underwater	3:15-4:45 PM	Pool Session (stations) starts/video/turns power/underwater
4:45-5:00 PM	Relay Races	4:45-5:00 PM	Relay Races

Overnight Campers

5:30-6:30 PM	Dinner @ NCW	5:30-6:30 PM	Dinner @ NCW
6:45-8:00 PM	Activities/Games	6:45-8:00 PM	Activities/Games
8:30-8:45 PM	Back in Dorms/Floor Meetings	8:30-8:45 PM	Back in Dorms/Floor Meetings
9:30 PM	Lights Out	9:30 PM	Lights Out

Friday June 26th/Thursday July 2nd - Camp Checkout (regular morning changes after lunch)

1:00-1:45 PM: Lunch @ NCW		12:30-1:30 PM: Lunch @ NCW	
1:45-2:15 PM: Packing		1:30-2:15 PM: Packing	
2:30-4:15: Tiger Time Trials		2:30-4:15: Tiger Time Trials	
4:15-4:30 PM: Camp Awards		4:15-4:30 PM: Camp Awards	
5:00 PM: Check Out @ Dorms		5:00 PM: Check Out @ Dorms	