Standard Stroke Camp Schedule

**Typical Check-In Day at Camp:**

* 1:30-2:45pm      Check-In at DORMS For **BOTH** Residential and Commuter
* 3:00pm     Meeting in the Dorm Lobby
* 3:30 pm    Walk to pool and take team photo
* 4-6pm        Swim Session
* 6:15pm     Walk Back to Dorm/Dinner
* 7:00pm     Team Activities

**Typical Day at Camp**:                                                                  

* 7:20am      Wake up
* 7:30am      Meet in Lobby
* 7:40am      Walk to Breakfast
* 7:50am      Breakfast
* 8:30am      Walk to Pool    **COMMUTER CAMPERS DROP OFF AT RAMSEY**
* 9-11:00am      Pool Session I (Stations)
* 11:00am    Lectures
* Noon     Lunch (Commuter Campers can stay and eat w/everyone)
* 1-3:30pm   Private Lesson- As available
* 1-3:20pm   Dorm Activity/Games/Free Time
* 3:20pm    Walk to Pool
* 4-6:00pm Pool Session 2 (LCM) Training
* 6:15pm Dinner (Commuter Campers can stay and eat w/everyone)
* 6:50pm Walk to Dorm
* 7:15pm   Team Activity (Commuter Campers can stay)
* 9:30pm Inside
* 10:00pm   In Rooms for the night

**Typical Last Day of Camp:**

* 9-10:45am     Swim Session
* 10:45am    Mini-Swim Meet
* 11:00am    Award Ceremony at Pool
* 11:45am    Campers head back to dorms to Check-Out

\*Those staying for Starts and Turns go to lunch with other campers staying and camp counselors and will check in for the next camp.