



2024 SUMMERSESSION ITINERARY (SUBJECT TO CHANGE)

SUNDAY

3:00-4:30PM	CHECK-IN @ DORMITORIES
4:30PM	STAFF INTRODUCTIONS/WALK TO POOL FOR EVENING SESSION
	CAMP STORE @ POOL
5:00-6:00PM	TRAINING SESSION SCY
6:30PM	DINNER & ICE BREAKER ACTIVITIES
8:00-10:00PM	ORGANIZED FREE TIME @DORMS
10:00PM	LIGHTS OUT

MONDAY

7:00AM	WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM	BREAKFAST @ O'HILL DINING HALL
9:00-11:00AM	TRAINING SESSION #1 LC – FREESTYLE & BACKSTROKE
11:30PM	LUNCH @ O'HILL DINING HALL
1:00-2:00PM	ORGANIZED FREE TIME @ DORMS
2:00-4:00PM	TRAINING SESSION #2 – SCY STATIONS
4:30-6:00PM	ORGANIZED FREE TIME @ DORMS
6:30PM	DINNER @ O'HILL DINING HALL
7:45PM	ORGANIZED TEAM ACTIVITY/FREE TIME @ DORMS
10:00PM	LIGHTS OUT

TUESDAY

7:00AM	WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM	BREAKFAST @ O'HILL DINING HALL
9:00-11:00AM	TRAINING SESSION #1 LC - BREASTSTROKE
11:30PM	LUNCH @ O'HILL DINING HALL
1:00-2:00PM	ORGANIZED FREE TIME @ DORMS
2:00-4:00PM	TRAINING SESSION #3 – SCY STATIONS
4:30-6:00PM	ORGANIZED FREE TIME @ DORMS
6:30PM	DINNER @ O'HILL DINING HALL
7:45PM	ORGANIZED TEAM ACTIVITY/FREE TIME @ DORMS
10:00PM	LIGHTS OUT

WEDNESDAY

7:00AM WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM BREAKFAST @ O'HILL DINING HALL
9:00-11:00AM TRAINING SESSION #1 LC - **BUTTERFLY**
11:30PM LUNCH @ O'HILL DINING HALL
1:00-2:00PM ORGANIZED FREE TIME @ DORMS
2:00-4:00PM TRAINING SESSION #4 – SCY STATIONS
4:30-6:00PM ORGANIZED FREE TIME @ DORMS
6:30PM DINNER @ O'HILL DINING HALL
7:45PM ORGANIZED TEAM ACTIVITY/FREE TIME AT DORMS
10:00PM LIGHTS OUT

THURSDAY

7:00AM WAKE UP (COUNSELORS KNOCK CHECK)
7:30AM BREAKFAST @ O'HILL DINING HALL
9:00-10:15AM **MINI SWIM MEET LC OR SCY/50'S RACE**
10:30AM GOODBYES & AWARDS/CAMP STORE IN LOBBY
10:45-11:30AM CHECK OUT @ DORMS/CAMP STORE @ POOL