

## 2018 Adult Camp Schedule

### Sunday 7/1/18

3:30pm Check in (at pool)  
4:00-5:00pm camp intro meeting

### Monday 7/2/18

7-8am workout (optional)  
8-9am Breakfast  
9-10am Lecture  
10-11:30am Pool Session #1  
11:30-12:30pm Lunch & relax  
12:30-1:30pm Yoga (optional)  
2:00-3:00pm Lecture  
3:00-4:00pm Pool Session #2  
4:00-6:30pm Dinner & Relax  
6:30-8:30pm La Jolla Cove Swim (optional)

### Tuesday 7/3/18

8-9am Breakfast  
9-12pm Del Mar Open water Swim &  
Paradowski Swim Shop visit  
12-2pm Lunch & relax  
2-3pm Lecture  
3-4pm Pool Session #3  
5pm Dinner & relax  
Evening on your own

### Wednesday 7/4/18

7:30am depart for Coronado Open water swim  
9:30am Coronado Open Water Swim  
Lunch & Enjoy Coronado on the 4<sup>th</sup>

### Thursday 7/5/18

8-9am Breakfast  
9-10am Lecture  
10-1130am Pool Session #4  
1130-2pm Lunch & relax  
2pm Depart for La Jolla Cove  
Swim in the Cove  
Return to campus for dinner  
Evening Activiities On Your Own

### Friday 7/6/18

7-8am workout (optional)  
8-9am Breakfast  
9-10am Camp review / Odds & Ends  
10-11:30am Pool Session #5  
Lunch & Check Out