

	Monday Jul 20	Tuesday Jul 21	Wednesday Jul 22	Thursday Jul 23	Friday Jul 24	Saturday Jul 25	Sunday Jul 26
6:00 AM							Van to Victoria
7:00 AM						Pool Workout 6	Open Water Swim Race!
8:00 AM		Dryland (8:30)	Dryland (8:30)	Team Activity	Dryland (8:30)	Team Meal + Mini Adventure	
9:00 AM		Stroke Clinic 2	Stroke Clinic 3		Stroke Clinic 5		
10:00 AM		Pool Workout 2	Pool Workout 3		Pool Workout 5		
11:00 AM				Stroke Clinic 5			End of Camp
12:00 PM				Pool Workout 5			
1:00 PM		Van Transport	BIKE (or van) Transport	Dryland Session	Van Transport	Van Transport	
2:00 PM		Open Water 1	Lakeside Picnic	Free afternoon - time to explore Victoria!	Open Water 3	Open Water 4	
3:00 PM			Open Water 2				
4:00 PM	Hello + Dryland	Team Activity + Dinner		SUPER FUN Team Activity + Team Meal	Time to Explore Nanaimo		
5:00 PM	Stroke Clinic 1						
6:00 PM	Pool Workout 1			Van to Nanaimo			
7:00 PM							
8:00 PM							
Location	VICTORIA	VICTORIA	VICTORIA	VICTORIA	NANAIMO	NANAIMO	VICTORIA