

Timetable

9:00-9:45	ARRIVAL
10:00-11:00	TRAINING
11:00-11:30	MORNING SNACK
11:30-12:40	TRAINING
12:40-13:40	POOL
13:45-14:30	LUNCH
14:30-16:00	TRAINING
16:00-17:00	SNACK AND DEPARTURE

Thursday: Half Day Trip

Required equipment

- Sport clothing (trainers, shorts, t-shirt and hoddie)
- Swimming kit (swimsuit, towel, flip flops, swimming goggles and cup)
- Morning snack
- Sun cream
- 2 disposable face masks
- Water bottle