

WATERGATE BAY

H O T E L

SWIM BREAK

DAY ONE

3pm	Guests check in to their room
6.30pm	Group welcome and pre-dinner catch up in the boardroom
Evening	Own dinner arrangements to be made

DAY TWO

8 - 8.45am	Swim theory 'dry' session. Briefing in the boardroom
9 - 10am	Pool clinic session one. Stroke work and drills
10am	Breakfast
10.30 – 11.15am	Swim yoga session in the studio
11.45am – 2pm	Coastal walk and talk (optional) Lunch break. Own lunch and travel arrangements to be made
2.30 – 3.30pm	The opportunity to outdoor swim, weather and conditions dependent
6 – 6.45pm	Pool clinic session two
Evening	Stroke work and drills - Salim available for personalised swim chat and video debrief. Own dinner arrangements to be made

DAY THREE

8 - 8.45am	Pool session three. Stroke work and drills De-brief in the boardroom
9 - 10am	Breakfast and check out of accommodation for resident guests
11am	Access to Swim Club for the day



swimlab

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