Swim Break

Day one

3pm	Guests check in to their room.
6.30pm	Group welcome and pre-dinner catch up in the boardroom.
Evening	Dine together or own arrangements to be made.

Day two

7.30am	Small breakfast.
8-8.45am	Swim theory 'dry' session. Briefing in the boardroom.
9-10am	Pool clinic session one. Stroke work and drills.
10-10.30am	Breakfast snack, drink and change.
11am-12pm	Pilates session.
12-2.30pm	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.
6-7pm	Pool clinic session two. Stroke work and drills. Salim available for personalised swim chat and video debrief.
Evening	Dine together or own dinner arrangements to be made.

Day three

7.30am	Morning coffee.
8-8.45am	Pool clinic session three. Stroke work and drills.
9-10am	Debrief in the boardroom.
10-11am	Breakfast and goodbyes.
11am	Check out for residents and access Swim Club for the day.

swimlab