

WATERGATE BAY

H O T E L

WATERGATE BAY SWIM BREAK

DAY ONE

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

DAY TWO

- 8am – 8.45am** Swim theory 'dry' session. Briefing in the boardroom
- 9am – 10am** Pool clinic session one. Stroke work and drills
- 10.30am – 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
- 2.30pm – 3.30pm** The opportunity to outdoor swim, weather and conditions dependent
- 6pm – 6.45pm** Pool clinic session two. Stroke work and drills
- Evening** Salim available for personalised swim chat and video debrief
Own dinner arrangements to be made

DAY THREE

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



swimlab

.org.uk