

## One-Week Camp Daily Schedule of Events

Day 1	2:00-3:30pm	Check-in at Campus Village for RESIDENT CAMPERS
	3:30-4:00pm	Check-in at Campus Village for DAY CAMPERS
	4:00-4:20pm	Camp Welcome and Camp Rules Review - First Roll Call
	4:30-5:30pm	Dinner at Campus Village
	5:30-5:40pm	Roll Call in groups
	5:40-6:00pm	Walk to USC Natatorium
	6:00 - 6:15pm	Camp Photo in Stands at the Natatorium
	6:15-6:30pm	Coach and Counselor introductions in Team Room
	6:30-6:50pm	Freestyle Stroke Lecture in Team Room
	6:50pm	All Campers leave Team Room and go to pool for Freestyle Stroke Drills
	7:30pm	12 and Under campers get out and walk back to Campus Village
	7:50pm	13 and Older campers get out and walk back to Campus Village
	8:00-9:30pm	Free time for all campers at the dorm
	9:45pm	Lights out and go to bed
Day 2	7:00am	Overnight Campers Wake up
	7:15-7:30am	All DAY CAMPERS arrive at the dorms and check in the main lobby
	7:15-8:00am	Overnight Campers eat breakfast at Campus Village
	8:00-8:10am	Roll call in groups
	8:10-8:30am	Walk to USC Natatorium
	8:30-10:15am	Campers split into filming groups and rotate through filming stations
	10:30am	Walk back to Campus Village
	11:00-11:45am	Lunch at Campus Village (Option: Order Pizza for Night Snack)
	11:45-1:15pm	Personal Time and Free Time
	1:15-1:25pm	Roll call in groups
	1:25-1:45pm	Walk to USC Natatorium
	1:45-2:05pm	Backstroke Stroke Lecture in Team Room
	2:05pm	All Campers leave Team Room and go to pool for Backstroke Stroke Drills
	2:40pm	12 and Under campers get out and walk back to Campus Village
	3:00pm	13 and Older campers get out and walk back to Campus Village
	3:15-4:30pm	Group Activity
	4:30-5:30pm	Dinner at Campus Village
	5:30-5:40pm	Roll call in groups
	5:40-6:00pm	Walk to USC Natatorium
	6:00-7:45pm	Campers split into filming groups and rotate through filming stations
	7:45pm	Walk back to Campus Village
	8:00-9:30pm	Free time for all campers at the dorm or Game Night
	9:45pm	Lights out and go to bed
Day 3	7:00am	Overnight Campers Wake up
	7:15-7:30am	All DAY CAMPERS arrive at the dorms and check in the main lobby
	7:15-8:00am	Overnight Campers eat breakfast at Campus Village
	8:00-8:10am	Roll call in groups
	8:10-8:30am	Walk to USC Natatorium
	8:30-8:50am	Breaststroke Stroke Lecture in Team Room
	8:50am	All Campers leave Team Room and go to pool for Breaststroke Stroke Drills
	9:30am	12 and Under campers get out and walk back to Campus Village
	9:45am	13 and Older campers get out and walk back to Campus Village
	10:00-11:00am	Group Activity or Camp Store Open
	11:00-11:45am	Lunch at Campus Village (Option: Order Pizza for Night Snack)

11:45-1:15pm	Personal Time and Free Time
1:15-1:25pm	Roll call in groups
1:25-1:45pm	Walk to USC Natatorium
1:45-3:30pm	Campers split into filming groups and rotate through filming stations
3:45pm	Walk back to Campus Village
4:30-5:30pm	Dinner at Campus Village
5:30-5:40pm	Roll call in groups
5:40-6:00pm	Walk to USC Natatorium
6:00-6:20pm	Butterfly Stroke Lecture in Team Room
6:20pm	All Campers leave Team Room and go to pool for Butterfly Stroke Drills
7:00pm	12 and Under campers get out and walk back to Campus Village
7:10pm	13 and Older campers get out and walk back to Campus Village
7:30-9:30pm	Free time for all campers at the dorm or Movie Night
9:45pm	Lights out and go to bed

#### Day 4

7:00am	Overnight Campers Wake up
7:15-7:30am	All DAY CAMPERS arrive at the dorms and check in the main lobby
7:15-8:00am	Overnight Campers eat breakfast at Campus Village
8:00-8:10am	Roll call in groups
8:10-8:30am	Walk to USC Natatorium
8:30-10:15am	Campers split into filming groups and rotate through filming stations
10:15-10:30am	Coaches Wrap up Speech of Camp (Maybe do Campers of Week)
10:30am	Walk back to Campus Village
10:50-11:50am	Campers pack and clean rooms in order to get checked out by parents
12:00-1:00pm	All Campers check-out of Campus Village