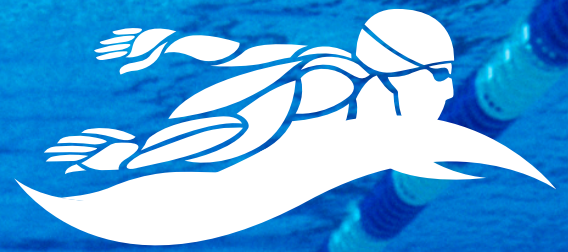


TOTAL AQUATICS



Eyemouth Swim Camp 2024

Dedicated to winning

	Competitive Squad	Development Squad	Adult Swimming	Social Activity
SUN	<ul style="list-style-type: none"> • 9.00 - Pre pool talk @ Kult Fitness • 10.00-11.30 Pool • 13.30 - Video Feedback • 15.00-16.30 Pool 	<ul style="list-style-type: none"> • 9.00 - Pre pool talk @ Kult Fitness • 10.30-11.30 Pool • 13.30 - Video Feedback 	<ul style="list-style-type: none"> • 16.00-17.00 - Pool 	
MON	<ul style="list-style-type: none"> • 8.30-10.00-Pool • 11.00-12.20 - Land training (11 & 11.40 groups tbc) • 13.30-15.00- Pool 	<ul style="list-style-type: none"> • 11.40 - Land training • 14.30-15.30 Pool 	<ul style="list-style-type: none"> • 14.30-15.30 - Pool 	Family Quiz Night @ Eyemouth Golf club
TUE	<ul style="list-style-type: none"> • 8.30-10.00-Pool • 11.50-13.10 - Land training (11.50 & 12.30 groups TBC) • 13.30-15.00- Pool 	<ul style="list-style-type: none"> • 12.30 - Land training • 14.30-15.30 Pool 	<ul style="list-style-type: none"> • 14.30-15.30 - Pool 	
WED	<ul style="list-style-type: none"> • 8.00-10.00-Pool • 10.30-11.30 - Focus Session • 19.00-20.00- Aqua Training @ Pool 	<ul style="list-style-type: none"> • 8.00-9.00 - Pool • 10.30-11.30 - Focus Session 	<ul style="list-style-type: none"> • 9.00-10.00 - Pool 	Free time during the day to explore the area
THU	<ul style="list-style-type: none"> • 8.30-10.00-Pool • 11.50-13.10 - Land training (11.50 & 12.30 groups TBC) • 13.30-15.00- Pool 	<ul style="list-style-type: none"> • 12.30 - Land training • 14.30-15.30 Pool 	<ul style="list-style-type: none"> • 14.30-15.30 - Pool 	17.30 Halloween Ghost Walk gather at the pool- costumes are encouraged
FRI	<ul style="list-style-type: none"> • 8.00-10.00-Pool • 13.00-15.30- Gala & Fun Swim 	<ul style="list-style-type: none"> • 8.00-9.00 -Pool • 13.00-15.30- Gala & Fun Swim 	<ul style="list-style-type: none"> • 9.00-10.00 -Pool • 13.00-15.30- Gala & Fun Swim optional 	19.00 - Party Night @ Eyemouth Golf Club

It is recommended that swimmers sip water based drinks during sessions to keep hydrated and indeed throughout the day. All swimmers must be at Swimming Sessions Poolside at least 15 Min's prior to the start time to perform mobility and blood flow exercises. If you need any assistance during the camp please Email Us or call into the pool and speak to a member of staff. We reserve the right make changes to the timetable and or swimmers group allocation at any time during the training camp. You must inform us immediately about any health related issues not disclosed already by Sunday 27th October at first pool session. We may use image capture devices on the course for stroke fault analysis and or promotional material please inform us if you wish to opt out. By Participating on the Training Camp you are accepting these Terms & Conditions.

