

# SUMMER HOLIDAY FAMILY YOUTH SWIM CAMP

Glenn Smith GB Coach

9-16 August 2026

	Sunday 9th	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
7:00am		Breakfast (Parents to Supervise)	Breakfast (Parents to Supervise)	Breakfast (Parents to Supervise)	Breakfast (Parents to Supervise)	Breakfast (Parents to Supervise)	Breakfast (Parents to Supervise)	
7:45am		Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	
8:00am - 9:30am	Arrival Day	Pool Aerobic Capacity Work/Skill- Lane/Speed Assessment- for land allocation  Post Pool Land Recover	Pool Aerobic Capacity No1 Stroke/Fc Skill/Drill + Quality Kick  Post Pool Land Recover	Pool Aerobic Capacity  Post Pool Land Recover	Pool Aerobic Capacity Work Fc/IM Breathing Control  Post Pool Land Recover	Pool Aerobic Capacity No1 Speed Turns  Post Pool Land Recover	Pool Aerobic Capacity Underwater Fly Kicking for Turns  Post Pool Land Recover	Depart - Return Home
4:45pm		Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	
5:00pm - 6:30pm		Pool Aerobic Capacity Work No1 Skill Work  Post Pool Land Recover	Pool Aerobic Capacity No1 Pace Work- Stroke Counting  Post Pool Land Recover	Pool Dec to threshold Fc/No1 Skill No1 Starts/Turns  Post Pool Land Recover	Pool Aerobic Skills/Drills Specific Indv Filming If Requested  Post Pool Land Recover	Pool Aerobic Capacity+ Pace Work No1  Post Pool Land Recover	Pool Pre Race Warm Up practice  Timed Swim  Post Pool Land Recover	

