

Day	AM	Midday	PM	Evening
Friday				Arrive approx. 19:00 . Dinner 20:00
Saturday	Breakfast 07:30 08:15 m -09:15 Meeting room Presentation of the days pool sessions Pool session 1. group 1 09:30-10:30 group 2 10:30- 11:30	Free time	Pool session 2 Group 1 14:30 -15:45 group 2 15:45 – 17:00	Dinner 19:00
Sunday	08:00- 09:15 Open water skills Both groups Breakfast 09:45 10:30-11:30 Meeting room Presentation of the days pool session and video reviews	Free time	Pool session 3 group 2 13:00-14:10 group 1 14:10-15:20	Dinner 19:00
Monday	08:00- 09:15 Open water skills Both groups Breakfast 09:45 10:30-11:30 Meeting room Presentation of the days pool session and video reviews	Free time	Pool session 3 group 1 13:00-14:10 group 2 14:10-15:20	Dinner 19:00
Tuesday	08:00- 09:15 Open water skills Both groups Breakfast 09:45 10:30-11:30 Meeting room Presentation of the days pool session and video reviews	Free time	Pool session 3 group 2 13:00-14:10 group 1 14:10-15:20	Dinner 19:00

Wednesday	Breakfast 07:30	Bus to Peurto del Carmen . Long sea swim . return 12 pm	Day off Optional swim sets provided 2 lanes of pool booked 15:00-16:00	Dinner 19:00
Thursday	08:00- 09:15 Open water skills Both groups Breakfast 09:45 10:30-11:30 Meeting room Presentation of the days pool session and video reviews	Free time	Pool session 3 group 1 13:00-14:10 group 2 14:10-15:20	Dinner 19:00
Friday	08:00 – 09:15 Open water skills Both groups Breakfast 09:45		Pool session 7 Both Groups 2 Lanes 12:00 – 13:15	Leave Villa 16:00 for flight home