

Scripps Ranch Swim & Racquet Club
 Summer Camps 2010
Springboard Diving

Session: 9

Day: Monday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Warm-Up and Dryland	Pool
10:00	Diving Lesson	Pool
10:30		
11:00	Snack (10:45)	
11:30	Free Swim	Pool
12:00	Lunch	
12:30	Movie / Board Games	Drop-In Room
1:00	Diving Lesson	Pool
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper. **Mini-Meet on Thursday!**

Scripps Ranch Swim & Racquet Club
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Springboard Diving

Session: 9

Day: Tuesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Warm-Up and Dryland	Pool
10:00	Diving Lesson	Pool
10:30		
11:00	Snack (10:45)	
11:30	Free Swim	Pool
12:00	Lunch	
12:30	Movie / Board Games	Drop-In Room
1:00	Diving Lesson	Pool
1:30		
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

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Scripps Ranch Swim & Racquet Club
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Session: 9

Day: Wednesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Warm-Up and Dryland	Pool
10:00	Diving Lesson	Pool
10:30		
11:00	Snack (10:45)	
11:30	Cannon Ball Contest vs. Wet N Wacky Sports	Pool
12:00	Lunch	
12:30	Movie / Board Games	Drop-In Room
1:00	Diving Lesson	Pool
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper. **Mini-Meet on Thursday!**

Scripps Ranch Swim & Racquet Club
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Springboard Diving

Session: 9

Day: Thursday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Warm-Up and Dryland	Pool
10:00	Diving Lesson	Pool
10:30		
11:00	Snack (10:45)	
11:30	Free Swim	Pool
12:00	Lunch	
12:30	Warm-Up for Mini-Meet	Pool
1:00	Diving Mini-Meet Performance	Pool
1:30		
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper. **Mini-Meet on Thursday!**