

bodyholiday

swimfit

Week 1: 31st Oct - 5th November 2022

Monday 31st October

| Time | Event | Location |
|-------------|---------------------------|------------|
| 19:30-21:00 | Champion's Dinner and Q&A | Club House |

Tuesday 1st November

| Time | Event | Location |
|-------------|------------------------|---------------|
| 10:00-11:00 | Group Swimming Lesson | Infinity Pool |
| 11:30-12:00 | Core stability session | Tree House |

Wednesday 2nd November

| Time | Event | Location |
|--------------|---------------------------------------|------------------|
| 14:00- 17:00 | Boat trip & Swim Safari to the Pitons | Welcome Pavilion |
| 19:00-20:00 | Welcome Cocktail | Wellness Centre |

Thursday 3rd November

| Time | Event | Location |
|-------------|----------------------------|-----------------|
| 10:00-11:00 | Open Water skills session | Caribblue Beach |
| 12:00-12:30 | Shoulder Stability session | Tree House |

Friday 4th November

| Time | Event | Location |
|-------------|--------------------------------|---------------|
| 10:15-11:00 | Group Swimming Lesson | Infinity Pool |
| 14:00-14:30 | Core Stability session | Tree House |
| 14:30-15:00 | Race planning and week debrief | Tree House |

Saturday 5th November

| Time | Event | Location |
|--------------|---------------------|-----------------|
| 09:00 -12:00 | One Mile Swim Event | Caribblue Beach |

- SwimFit participants will receive a 1-to-1 lesson at a time of their choice with filming analysis.

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Week 2: 5th - 11th November 2022

Saturday 5th November

| Time | Event | Location |
|--------------|--------------------|-----------------|
| 09:00 -12:00 | 1 Mile- Swim Event | Caribblue Beach |

Monday 7th November

| Time | Event | Location |
|-------------|---------------------------|------------|
| 19:30-21:00 | Champion's Dinner and Q&A | Club House |

Tuesday 8th November

| Time | Event | Location |
|-------------|------------------------|---------------|
| 10:00-11:00 | Group Swimming Lesson | Infinity Pool |
| 11:30-12:00 | Core stability session | Tree House |

Wednesday 9th November

| Time | Event | Location |
|--------------|---------------------------------------|------------------|
| 14:00- 17:00 | Boat trip & Swim Safari to the Pitons | Welcome Pavilion |
| 19:00-20:00 | Welcome Cocktail | Wellness Centre |

Thursday 10th November

| Time | Event | Location |
|-------------|----------------------------|-----------------|
| 10:00-11:00 | Open Water skills session | Caribblue Beach |
| 12:00-12:30 | Shoulder Stability session | Tree House |

Friday 11th November

| Time | Event | Location |
|-------------|------------------------|---------------|
| 10:15-11:00 | Group Swimming Lesson | Infinity Pool |
| 14:00-14:30 | Core Stability session | Tree House |

- SwimFit participants will receive a 1-to-1 lesson at a time of their choice with filming analysis.