

# WATERGATE BAY

H O T E L

## WATERGATE BAY SWIM CLINIC

### DAY ONE

**PM** Guests arrive and check in for resident guests (individual bookings).  
Own dinner arrangements to be made.

### DAY TWO

**8am – 8.45am** Briefing in the Boardroom.

**9am – 10am** Pool clinic. Stroke work and drills.

**10.30am – 11.15am** Yoga session in the studio on sea lane

**11.30am – 2pm** Coastal walk and lunch break.  
Own lunch arrangements to be made.

**2.30pm – 3.30pm** 'Surf appreciation' session with the Extreme Academy –  
learn about tides, currents, open water swimming  
and have a go at Hand Planing.

**6pm – 7pm** Pool clinic. Stroke work and drills.

**PM** Salim to be available for on-going discussion post swim and  
during afternoon.

**PM** Own dinner arrangements to be made.

### DAY THREE

**7.45am - 8.30am** Briefing in the Boardroom.

**8.30am – 9.30am** Pool clinic. Stroke work and drills.

**10.00am** De-brief and breakfast in Zacry's

**11.30am** Check out of accommodation for resident guests.

**PM** Access to Swim Club for the day.



swimlab

.org.uk