

# 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 events space.

**9am – 9.45am** Pool clinic. Stroke work and drills.

**10.30am – 11.15am** Swim yoga session.

**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.

The opportunity to outdoor swim, weather and conditions dependent.

**6pm – 6.45pm** 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

**7.15am - 8am** Briefing in the events space.

**8am – 8.45am** Pool clinic. Stroke work and drills.

**10.00am** Breakfast in Zacry's.

**10.45am** De-brief and breakfast in the private dining room.

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

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



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