

WLBF Spring Break Camp

Wednesday March 26-Saturday March 29 2025

	Wednesday						
Group 1	3:30-5:00 spin Essence						

	Thursday						
Group 1	6:30-7:30 swim	7:30-8:00 video	8:00-9:00 video analysis	Break	Break	2:00-3:00 dryland - gym	
Group 2			8:00-9:00 swim	9:00-9:30 dryland on	Break	2:00-3:00 dryland - gym	3:30-5:00 swim
Group 3			8:00-9:00 swim	9:00-9:30 dryland on	Break	Break	3:30-5:00 swim

	Friday						
Group 1	6:30-9:00 swim	9:30-10:30 dryland - gym	10:30-11:30 Goal Setting + Visualization	Lunch - smoothies +	12:30-2 frisbee golf	2:30-3:30 Recovery talk	
Group 2		9:30-10:30 dryland - gym	10:30-11:30 Goal Setting + Visualization	Lunch - smoothies +	12:30-2 frisbee golf	2:30-3:30 Recovery talk	3:30-5:00 swim
Group 3			10:30-11:30 Goal Setting + Visualization	Lunch - smoothies +	12:30-2 frisbee golf	2:30-3:30 Recovery talk	3:30-5:00 swim

	Saturday						
Group 1	9:00-10:00am dryland - gym	10-12 swim					
Group 2	9:00-10:00am dryland - gym	10-12 swim					
Group 3		10-12 swim					

**Groups subject to change (potentially more swim/dryland) based on total numbers*

Group 1	Group 2	Group 3
Annica	Soleil	Freyja
Julien	Riel	Katie
Maya	Jesse	Keelan
Tiera	Ashlyn	Maja
Eleanor	Elodie	Makayla
Jasper	Emmett	Owen
Emmeline	Gavin F	Soren
Hazel	Shay	Vernon
Lilly		Olivia
Sophia		Lili B
Gavin R		
Hunter		
Jordyn		
Conner		