

PRINCETON UNIVERSITY

SWIMMING CAMPS

SWIMMING CAMPS

Camp 1: June 24-28, 2024 | Camp 2: June 29 – July 3, 2024

For day campers the fee includes instruction, meals (dinner on Day 1, lunch on Days 2, 3, 4 & 5) and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.

Day 1

12:00p | Check-In at Baker Rink (overnight campers)

1:00p | Check-In at Baker Rink (day campers)

2:30p | Camp Orientation

3:30p | Evening Pool Session

6:30p | Dinner

7:00p | Day Campers Pick-Up at DeNunzio Pool

9:00p | Free Time

10:00p | Lights Out

Day 2, Day 3 & Day 4

6:15a | Optional Swim for Older Group

7:15a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at DeNunzio Pool

8:45a | Classroom Presentation – Stroke/Video

10:00a | Pool Session 1 and Dryland Training

12:45p | Lunch

2:30p | Daily Topic Lecture/Discussion

3:30p | Pool Session 2

5:15p | Day Campers Pick-Up at DeNunzio Pool

5:30p | Dinner

6:45p | Camp Activities or Games

8:30p | Return to Dorms, Down Time

9:30p | Lights Out

Day 5: Final Day of Camp

6:15a | Optional Swim for Older Group

7:15a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at DeNunzio Pool

9:15a | Pool Session 1

11:15a | Dryland Training

12:00p | Lunch

1:00p | Classroom Presentation – Swimming skills

2:00p | Pool Session 2

4:00p | Day Camper Pick-Up at DeNunzio and Check-Out from dorms for Overnight Campers