

## Swimming With Stephanie – Lanzarote 11 – 18 March 2010

|                | 7:00-7:30 | 7:30 – 9:00    | 14:00 – 15:00              | 17:00 – 18:00     | 18:00 - 1900       |
|----------------|-----------|----------------|----------------------------|-------------------|--------------------|
| Thursday 11/3  |           |                |                            | Advanced Training | Advanced Technique |
| Friday 12/3    | Beginner  | Basic Training |                            | Advanced Training | Advanced Technique |
| Saturday 13/3  | Beginner  | Basic Training |                            | Advanced Training | Advanced Technique |
| Sunday 14/3    | Beginner  | Basic Training | Open Water Swimming Lagoon | Advanced Training | Advanced Technique |
| Monday 15/3    | Beginner  | Basic Training |                            | Advanced Training | Advanced Technique |
| Tuesday 16/3   | Beginner  | Basic Training | Open Water Swimming Lagoon | Advanced Training | Advanced Technique |
| Wednesday 17/3 | Beginner  | Basic Training |                            |                   |                    |
| Thursday 18    |           | Basic Training |                            |                   |                    |

Beginner: A course for absolute or inexperienced swimmers

Basic Training: Rise and shine with a workout to set you up for the day

Advanced Training: more serious stuff

Advanced Technique: looking at tumble turns, fly and other fun bits

Open Water Swimming: for an intro taster to open water swimming – in the lagoon – meet at the main pool at 2:00pm