



ITINERARY:

8:30-8:55

Registration

9:00-9:30

Introductory Talk

9:30-10:00

Pre-swim stretches and core workout

10:00-12:00

Swim Activities

12:00-12:15

Dress

12:20-12:45

Talk on Training Aids

12:45-13:05

Motivational talk by Arafat Gatabazi

13:05-13:30

Q&A

13:30

Lunch

14:00

End



kevin sawyer

