

Regional Open Water Camp 2022
Sunday 5th June
Timetable

7.45 - 8am	Registration (Studio 1) Elmbridge Xcel Leisure Centre, Waterside Drive KT12 2JG
8 am	Welcome/ pre-pool
8.20am	Change
8.30 – 10am	Open Water Pool Skills
10 – 10.15am	Change
10.15 – 10.30am	Post pool/ land session
10.30– 10.45am	Lake brief and sign out
10.45 - 11.45am	Food break and travel to Ferris Meadow Lake, Ferry Lane, Shepperton TW17 9LH (Entrance is sign posted from the road Desborough Sailing Club)
11.45 - 12.15pm	Wetsuit advice and pre-lake land session
12.15 – 1.45pm	Lake session
1.45 – 2 pm	Post lake land session
2 – 2.15pm	Debrief
2.15pm	Sign out/ Depart