

13/8/2019

Lunch
12:00-14:00

Dinner
18:30-20:00

14/8/2019

Breakfast
8:00-09:30

Lunch
12:00-14:00

Water Activities
(sup, kayak, snorkeling)
16:00-18:30

Dinner
18:30-20:00

Movie
19:30-21:00

15/8/2019

Breakfast
8:00-09:30

Registration
9:00-18:00

Lunch
12:00-14:00

Water Activities
(sup, kayak, snorkeling)
16:00-18:30

Dinner
18:30-20:00

Movie
19:30-21:00

16/8/2019

Breakfast
8:00-09:30

Pilates
At the sports hall
09:00-10:00

Registration
9:00-13:00

Lunch
12:00-14:00

Practice Race
14:00

Support Personnel
Meeting at
16:00

Opening Parade
preparation - dining room
17:00 - 17:30

Opening Ceremony
18:00-19:30

Dinner
19:30-20:30

17/8/2019

Breakfast
7:00-9:00

Pilates
At the sports hall
09:00-10:00

Lunch
12:00-14:00

Water Activities
(sup, kayak, snorkeling)
13:00-15:00

Dinner and Lycra
Ceremony
18:30-20:00

Football
sports hall
20:00-22:00

Movie
19:30-21:00

The amazing world of deep
sea sponges - Lecture hall
21:00-22:00

18/8/2019

Breakfast
7:00-9:00

Stretch & Power class
At the sports hall
09:00-10:00

Lunch
12:00-14:00

Coach race
13:00-14:30

Water Activities
(sup, kayak, snorkeling)
15:30-17:30

Dinner and Lycra
Ceremony
18:30-20:00

Movie
19:30-21:00

Marine mammals in Israel
(Hebrew) Lecture Hall
20:00-21:00

Coaches night out
22:00-24:00

19/8/2019

Breakfast
7:00-9:00

Pilates
At the sports hall
09:00-10:00

Lunch
12:00-14:00

Water Activities
(sup, kayak, snorkeling)
15:30-17:30

Dinner and Lycra
Ceremony
18:30-20:00

Following the currents –
Lee Korzitz
Lecture hall 20:00-21:00

20/8/2019

Breakfast
7:00-9:00

Pilates
At the sports hall
09:00-10:00

Lunch
12:00-14:00

Water Activities
(sup, kayak, snorkeling)
16:00-18:30

Dinner and Lycra
Ceremony
18:30-20:00

Football
sports hall
20:00-22:00

21/8/2019

Breakfast
6:30-8:30

Stretch & Power class
At the sports hall
09:00-10:00

Lunch
13:00-14:30

**Prize Giving
Ceremony**
18:00-19:00

Dinner
19:30-20:30

Party!!
19:00-23:00