

SUMMER CAMP 2018

High Performance Center, Caldas da Rainha
22 a 26 August, Portugal



	quarta 22	quinta 23	sexta 24	sabado 25		domingo 26
8h30	Breakfast	Breakfast	Breakfast	Breakfast	7h30	Breakfast
9h30-12h30	Training	Training	Training	Training	8h30-11h30h	Training
13h	Lunch	Lunch	Lunch	Lunch	12h00	Lunch
Afternoon	surf Peniche	Parque dos monges (climbing and slide) Alcobaga	Aqua Park Nazaré	Golf Óbidos	14h-16h	Training
18h-20h	Training	Training	Training	Training		return home
20h30	Dinner	Dinner	Dinner	Dinner		
Night	Ludic Games	walking tour Caldas da Rainha	Market of Fruit (Park D. Carlos I)	Castle of Óbidos		

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