

## WORKSHOP 3 SCHEDULE

### „Aquatic work and swimming for people with disability July 2015”

#### Intense course for Polish and Icelandic students in summer 2015 in Laugarvatn Iceland

#### Tuesday 7<sup>th</sup>. – 8<sup>th</sup>. July travel of Polish students

00:10 Arrival of Polish students and teachers at Keflavík airport  
03:00 Arrival of Polish students and teachers in Laugarvatn

#### Wednesday, 8. July. Aquatic work and safety, lifesaving and first aid in and around pools and open water.

9:00 Breakfast at Laugarvatn apartment  
10:00 - 13:00 Theoretical lectures on safety, lifesaving and first aid in and around water  
13:00 - 14:30 Lunch and relax at Laugarvatn  
14:30 – 18:00 Practical exercises on the pool and on the lake  
18:30 Dinner at Efstidalur

#### Thursday, 9 July ½ Day trip on Cano’s from Laugarvatn to Apavatn with individuals with disability.

8:00 Breakfast at Laugarvatn  
9:00 – 12:00 Planning the trip and practicing boat handling on Laugarvatn  
12:00 – 13:30 Lunch (and preparing packed lunch for the trip)  
13:30 – 19:00 The trip – distance depends on weather  
19:30 – 21:30 BBQ with all participants

#### Friday 10. July Swimming and disability

8:00 Breakfast at Laugarvatn  
9:00 – 12:00 Theoretical about SO and Para swimming movements, classification and high performance training  
12:00 – 13:00 Lunch at Laugarvatn  
13:00 – 14:30 Theoretical - learn to swim programs for children with disability.  
15:00 Depart to Reykjavík  
16:00 – 17:30 Practical session with children with disability in the pool in Reykjavík  
18:00 Dinner in Reykjavík  
20:00 – 22:00 Blue Lagoon  
22:30 Arrive at Keflavík airport