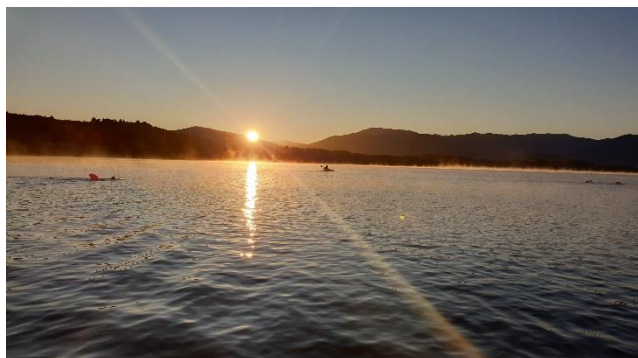


Swimming Camp

Lake Brunner

Long Distance Experience

17 – 20 March 2022



Lake Brunner

What you need to know

Lake Brunner is located in Moana, on the West Coast of NZ's South Island and provides the perfect training ground for distance swimming.

This camp we have designed allows you to put all your hard work over summer into practice with a; Lake Brunner crossing, adventure swim and three 'set course' swims.

Your final set course swim of the weekend will start in the dark, before day break, providing you a chance to test your night vision swimming 😊

There will be five swims across the four days, one stretching clinic, one theory clinic & an optional guided walk.

Finish off your swim season on a high with this varied and adventurous swimming weekend in this stunning dark lake.

All swims are tow float compulsory.

Water Temperature

The lake temperature can vary between 16 and 20 degrees Celsius at this time of year. The water temperature is entirely dependent on the weather in the weeks prior to March each given year.

How to book

We recommend booking early, this camp will go fast! You can book via the following link: <https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/54677/>

Cost: \$695

Covers:

- Swim planning, course set up and swim safety for five swims
- On water support and managed feed station
- Two dry land clinics
- Two experienced, expert coaches, one additional water safety team member & one camp manager
- Access to the local yacht club & facilities
- BBQ venue & BBQ meat (plus vegetarian options) provided for Saturday evening meal

Other food and accommodation not included.

Schedule

The schedule for this camp will change dependant on weather and at the judgement of the crew.

Safety is our number one priority.

Thursday

3.30pm: Meet and greet at Lake Brunner Yacht Club, pre swim brief, followed by a course swim.

6:00pm: Group dinner, optional attendance.
Pay your own way.

Friday

7:15am: Lake crossing: Mitchells to Moana (3-4hrs)

4pm: 1hr set course swim

6:00pm: Group dinner, optional attendance.
Pay your own way.

Saturday

7.30am: Adventure swim (up to 2hrs)

11am: Theory clinic – shaped to best suit the camp attendees

1:30pm: Swimming specific stretch clinic

4:00pm: Optional guided walk

6:00pm: BBQ dinner at local yacht club.
BBQ meat provided.

Sunday

6:00am: up to 4hr set course swim
* Dark swim start

