

## Breathing Camp with Moss Burmester

06-08 August 2021



### What you need to know

The RealSwim Centre (RSC) is located in Kaiapoi, just 20mins north of Christchurch. This private indoor heated 12m pool is perfect for adult learn to swim lessons and swim clinics.

Inspired by FitandAbel coaches' experiences, our new and unique BREATHING CAMP is designed to build ability and confidence in the open water swimmer. Have you ever felt apprehensive or uncomfortable in the open water? Ever been concerned about taking a wave in the face or taking on water when trying to breathe? Ever been amazed at swimmers who can stay under water or hold their breath for 'an eternity'? If you have answered yes to any of these questions, then this camp is for you.

Over the course of three days our specialised team of FitandAbel staff, Moss and Suzie will take you through the stroke mechanics of breathing, theory of breathing, yoga breathing exercises, breath hold theory and practical breathing activities.

We aim to expand your knowledge and abilities around the art of breathing, turning you into a much more competent swimmer. Our goal for you is that the next time you take a wave in the face while open water swimming you smile because you attended this camp 😊

Moss Burmester; a waterman of the absolute highest calibre, Moss has represented New Zealand at the highest level in four aquatic sports; swimming, surf lifesaving, underwater hockey and spearfishing. The two time Olympian and former World Champion (200m Butterfly) also placed fourth in the same event at the 2008 Beijing Olympics, was a three times Commonwealth Games representative and a Gold and Bronze medallist at the 2006 Melbourne CWGs.

Moss is also an AIDA freediving instructor. We are ecstatic to have him join us for this inaugural clinic.

### Pool Temperature

The pool temperature will be approx. 26-27 degrees.

### How to book

We recommend booking early. You can book via the following link: <https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/55338/>

### Cost: \$500

This covers:

- access to the RealSwim Centre facilities, surrounding grounds and function room
- specialist clinic planning, delivery and safety for three days
- a highly experienced swimming and freediving instructor with a wealth of knowledge
- two experienced, expert swim coaches
- qualified yoga teacher
- lunch and dinner on Saturday

Accommodation, transport & other meals not included.

## Schedule

### Friday

**3:00pm:** Meet and greet at RealSwim Centre (RSC), Kaiapoi.

**3:30pm:** 2hr clinic: Breathing techniques with Dan and Chloe

**6:00pm:** Group dinner, optional attendance, at Port and Eagle, Kaiapoi. Pay your own way.

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### Saturday

**9:30am:** 2hr clinic: Theory and dryland breathing practice with Moss at RSC function room

**12:00pm:** Lunch at RealSwim Centre, provided by Fit and Abel.

### 1:30pm: 90min clinics

Group A - Practical session #1 in the pool at RSC with Moss

Group B - Yoga and breathwork #1 at RSC function room with Suzie

### 3:30pm: 90min clinics

Group B - Practical session #1 in the pool at RSC with Moss

Group A - Yoga and breathwork #1 at RSC function room with Suzie

**6:00pm:** Dinner at RealSwim Centre, provided by Fit and Abel

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### Sunday

### 8:30am: 90min clinics

Group A - Practical session #2 in the pool at RSC with Moss

Group B - Yoga and breathwork #2 at RSC function room with Suzie

### 10:30am: 90min clinics

Group B - Practical session #2 in the pool at RSC with Moss

Group A - Yoga and breathwork #2 at RSC function room with Suzie

**1:00pm:** Group lunch, at Port and Eagle, Kaiapoi to wrap up the camp. Pay your own way.

