



## Learn to Swim Camp with Dan Abel

20 – 22 May 2022



### Schedule

#### Friday

**5:00pm:** Meet and greet at RealSwim Centre (RSC), Kaiapoi.

**5:15pm:** 2hr clinic: Theory and dryland session at RSC function room, plus intro swim RSC.

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#### Saturday

**10:00am:** 90min clinic at RSC

**12:00pm:** Lunch provided by Fit and Abel.

**1:30pm:** 90min clinic at RSC

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#### Sunday

**10:00am:** 90min clinic at RSC

**12:00pm:** Lunch provided by Fit and Abel.

**1:30pm:** 90min clinic at RSC



#### What you need to know

Dan Abel has been swimming his entire life. For the last 10yrs he has dedicated his life to teaching adults the art of learn to swim. Dan thinks it is such an important life skill and regardless of what your current opinion is, it is something everyone can achieve.

Introducing this limited and intimate learn to swim clinic where you will learn all of the fundamentals of the art of freestyle. You will walk away with knowledge, confidence, and ability.

This camp is for adults who cannot swim, or can swim 25m max, and over the course of 2.5days Dan will coach five sessions. The course is limited to four people, and will only go ahead if filled.

Please note if you register for this camp, Dan recommends that you check your flexibility and range of motion. There are many things we can teach you at this camp but if you can recognise now you are very tight with restricted range of motion, stretching prior to the camp will help you get a lot more out of the weekend. Contact us if you need guidance for this.

Dan was a competitive swimmer from a young age, representing NZ and swimming at College in the States. For the past 10years, Dan has taught adults to swim in NZ and London, sharing in the journeys of those who developed from unable to put their head under water to achieving their own personal swimming goal.

He has also trained and supported swimmers to achieve their long-distance marathon swimming goals. And has himself swum the English Channel and Cook Strait crossings.

#### 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/59492/>

#### Cost: \$550

This covers:

- access to the RealSwim Centre facilities, surrounding grounds and function room
- specialist clinic planning, delivery and safety for two and a half days
- a highly experienced and expert swim coach with a wealth of knowledge
- intimate and focused learning in a small group
- lunch on Saturday and Sunday.

Accommodation, transport & other meals not included.



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