

Breathing Camp with Moss Burmester

24 – 26 June 2022



What you need to know

The RealSwim Centre (RSC) is located in Kaiapoi, just 20mins north of Christchurch. This private 12m indoor heated (26/27deg) pool is perfect for adult learn to swim lessons and swim clinics.

Inspired by FitandAbel coaches' experiences, our 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 2.5 days our specialised team of FitandAbel staff and Moss Burmester will take you through the stroke mechanics of breathing, theory of breathing, 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 remain relaxed and calm as you apply skills learnt in this camp to help you deal with these situations.

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 again for this clinic.

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/70667/](https://goteamup.com/p/403516-fit-and-Abel-nz-Ltd/courses/70667/)

Cost: \$550

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
- stretching class coach
- lunch and dinner on Saturday

Accommodation, transport & other meals not included.

Accommodation is available on site:

<https://www.fitandabel.com/abelfields/>

Schedule

Friday

3:30pm: Meet and greet at RealSwim Centre (RSC), Kaiapoi.

- 2hr clinic: Breathing techniques with Dan and Chloe

6:00pm: Group dinner, optional attendance, at Five Peaks, Kaiapoi. Pay your own way.

Saturday

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

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

1:30pm: Group A Practical Clinic
Practical session #1 in the pool at RSC with Moss Burmester.

Group B Stretching Clinic
Stretching and breathwork at RSC function room

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Group B Stretching Clinic
Stretching and breathwork at RSC function room

5:30pm: Dinner at RealSwim Centre, provided by Fit and Abel

Sunday

9:00am: 2.5hr clinic
Practical session #2 in the pool at RSC with Moss Burmester.

