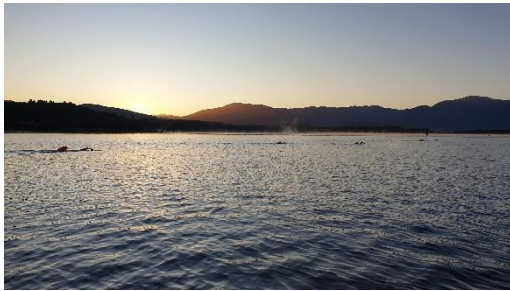




## Swimming Camp Lake Brunner Long Distance Experience

16 – 19 March 2023



Lake Brunner

### What you need to know

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

This camp we have designed provides you the opportunity to have a fun and relaxed swim experience weekend. You will complete a Lake Brunner crossing (approx. 10km), plus enjoy an "adventure swim" and two set course swims.

Your final set course swim of the weekend will start in the dark, before day break, providing you an amazing swimming experience as the sun rises.

There will be four swims across the four days, one stretching clinic and a dryland clinic or walk to suit to the group.

Finish off your swim season on a high with this varied, fun 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/54675/>

### Cost: \$695

Covers:

- Swim planning, set up and swim safety for all swims
- On water support and managed feeding station
- Stretching clinic, and dryland clinic or guided walk.
- 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 set course swim.

**Evening:** Group dinner at Lake Brunner Pub, optional attendance. Pay your own way.

#### Friday

**Morning Swim:** Moana to Mitchells  
– lake crossing swim

**Lunch:** Mitchells Lodge

**Afternoon:** downtime, recovery.

**Evening:** Group dinner at Lake Brunner Pub, optional attendance. Pay your own way.

#### Saturday

**Morning:** Adventure swim  
(up to 2hrs)

**Afternoon:**  
Swim specific stretch clinic.

Dryland clinic suited to group, or guided walk.

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

#### Sunday

**6:00am:** up to 2hr set course swim  
\* Dark swim start



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