



CAMP OVERVIEW

If you are looking to make the transition from pool to open water, this Introduction to Open Water swim coaching camp is the perfect way to improve your skills. Under the expert guidance of our qualified swim coaches, you will have the opportunity to discover the joys that come with taking part in specialised, focused sessions both in the sea and in SwimTrek's own High Performance Swim Centre at Sea Lanes, located just east of Brighton's iconic Palace Pier, directly on Brighton beach and only metres from the water's edge.

We are based on Brighton's seafront, which is one of the original homes of open water swimming in England. In fact, it's home to England's oldest sea swimming club and has a vibrant open water swimming scene. You will have exclusive access to an endless pool with its underwater camera system, ideal for technique analysis and improvement. The camp also features video analysis where your coaches work with you to identify areas for improvement in your swim technique both in the pool and the sea.

To make sure you thoroughly enjoy the transition from pool to the open water, our qualified swim coaches run one-to-one and group sessions. Combining these sessions with a healthy dose of encouragement, patience and, most importantly, fun, your time with us is sure to be an incredible stage in your journey to becoming a true open water swimmer.

WHO IS THIS CAMP FOR?

Our Introduction to Open Water camp is suited to swimmers are looking to make the transition to the open water. This trip will focus on swim technique, open water swim skills and endurance. Whether you are relatively new to pool swimming or have been following the black line for years, this coaching camp will provide you with the skills and reassurance that you need to make the move into the sea with confidence.

Swimmers do not require open water experience but should be capable of comfortably swimming 500m in the pool prior to the start of the coaching camp. The average daily swim distance is around 2 km (split over a minimum of two swims).

If you've already got some open water experience but would like to develop your technique, work on open water skills or build your endurance, you may like to consider our [Open Water Development - Brighton](#) coaching camp which also runs out of Sea Lanes Brighton.

We have given this trip a 'Beginner' grading designed for people new to open water swimming. It aims to build your confidence and develop open water swimming skills. Water conditions in the UK can be more demanding than in our other destinations but this is ideal preparation if you intend to swim open water



in temperate waters like these.

TAILOR-MADE SWIMTREK COACHING CAMPS

This coaching camp can also be offered as tailor-made experience. The date of travel and itinerary can be adjusted to suit you. For more information [contact us](#) with the dates you'd like and number of people taking part. We'll be in touch to chat about putting together your dream swimming experience.

LOCATION SUMMARY

Brighton

Undoubtedly Brighton is Britain's most colourful city with a vibe all its own. The focus directs towards the beach and the waters of the English Channel, where an array of bars and restaurants are dotted along the coastline. The two piers (Palace and West) offer attractive swimming opportunities on calm days. You are also just a few miles away from the South Downs National Park which offers stunning views over not only Brighton but the Sussex countryside.

Sea Lanes

Bringing together Brighton's best offering of leisure activities, Sea Lanes is the site of the future National Open Water Swimming Centre, and currently hosts SwimTrek's own Elite Swim Performance Centre, along with various other fitness facilities, a beach sauna, outdoor eateries, a bar and a coffee shop. It's the ideal base for this Introduction to Open Water camp.

COACHING CAMP SCHEDULE

Start Point	Sea Lanes, Madeira Drive, Brighton www.sealanesbrighton.co.uk
Start Time	14:00 on Day 1
Finish Point	Sea Lanes, Madeira Drive, Brighton
Finish Time	11:00 on Day 3

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek coaches will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.



Day 1

We meet at Sea Lanes for a welcome meeting and safety briefing where we detail the plan for the next few days. Following this, we head off for a short acclimatisation sea swim. This session will allow your coaches to get a feel for your comfort level in the sea as well as introduce some basic open water skills. Following this, there is a chance to relax while we hold some 1:1 technique coaching analysis in the endless pool. During your personalised session you will be recorded both above and below the water. In the evening, there will be the option to join a group dinner in a nearby restaurant.

Day 2

In the morning, we swim off the beach directly in front of Sea Lanes. This is an ideal time to get used to the deeper water and greater buoyancy of seawater. Our coaches will also concentrate on specific areas of your stroke during this morning's session.

Once we're back on dry land and changed we will have the opportunity to review the video analysis from the previous day's 1:1 pool session. This is an excellent opportunity to see for yourself the points that your coaches have highlighted in the previous swim sessions.

Lunch is taken at Sea Lanes' own in-house kitchen, Wood X Coal, featuring a casual and fun menu.

The afternoon sea session gives you the opportunity to put into practice what you have been told by your coaches as well as additional instruction focused on efficient stroke technique and open water confidence. After your swim we head back to your accommodation to get ready for dinner.

Day 3

This morning, with favourable conditions, we swim around Brighton's iconic Palace Pier. The swim provides a swimmers' eye view of both Brighton's classic seafront and a close up underneath this historic pier. It's a challenging but memorable swim, both for the spectacle and for the sense of achievement.

Once back on dry land at Sea Lanes, our swimming camp comes to an end.

TRIP INFORMATION

Essential Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Sweater / Fleece



<input type="checkbox"/> Sun Hat and Sunglasses	<input type="checkbox"/> Waterproof Jacket
<input type="checkbox"/> Waterproof Sun Cream	<input type="checkbox"/> Aqua Shoes / Sandals
<input type="checkbox"/> Small Daypack	<input type="checkbox"/> Personal Drink Bottle (x2)
<input type="checkbox"/> USB Memory Stick	<input type="checkbox"/> Wetsuit**

*Try to bring one clear lens and one tinted lens for different light conditions.

**Conditions can be variable. If you would like to use a wetsuit bring this with you.

SwimTrek will supply swim hats, water and electrolyte drinks. The coaches will no longer distribute shared drinks bottles but will fill your personal drink bottles. Please ensure these are clearly marked to help our coaches identify yours. If you would like to use a wetsuit, rash vest, snorkel or fins during your swims, please ensure that you bring these with you. For more information please check out our [Covid-19 guidance](#).

Coaching Sessions

The camp's coaching sessions will cover swim technique and open water skills in the following areas:

Stroke Improvement	Video Analysis
Advanced Breathing	Sighting Techniques
Propulsive Phase Dynamics	Open Water Technique

We use Endless Pool's Elite version pool, a counter-current swimming machine that is revolutionising swim coaching. The Elite offers a fast and smooth swim current which can be tailored to your individual swim speed. In addition it boasts high definition underwater cameras, for video analysis.

Group Size and Boat Support

This coaching camp has a maximum group size of 14, with a maximum coach:swimmer ratio of 1:7. On open water swims, the group will be split into a maximum of two groups, based on speed, with each group being accompanied by their own escort.

Your guides are also qualified lifeguards and they will escort you on the sea swims using rescue paddle boards.

TRIP GRADING

We have given this coaching camp a 'Beginner' grading designed for people new to open water swimming. It aims to build your confidence and develop open water swimming skills. Water conditions in the UK can be more demanding than in our other destinations but this is ideal preparation if you intend to swim open



water in temperate waters like these.

Swimming Distances

Swimming distances in the sea will vary over the course of the week depending on the conditions and also the ability of your group. As a guide, we expect to cover an average of 2 km per day.

Guests are welcome to take a break from pool sessions or skip any of the sea swims, if required. It may also be possible for those who would like a little more time in the water to extend some of their swims over the course of the camp in consultation with your coaches.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult with the SwimTrek office prior to booking.

Walking Distances and Conditions

As this is a swim coaching camp, there is a very limited amount of walking, however we may walk to and from the Palace Pier on our last swim, conditions permitting.

Temperatures

Month	Water Temperature*	Air Temperature*
June	16-17°C / 61-63°F	21-25°C / 70-77°F
July	17-18°C / 63-64°F	23-27°C / 73-81°F

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to the camp and will be communicated to you by your SwimTrek coaches as quickly as possible.

GETTING THERE

The easiest way to reach the start of the coaching camp is to travel to Brighton by either road, train or bus. Gatwick International Airport is a 45 minute drive from Central Brighton and easily accessible.

While we have outlined various travel options below, they are subject to change and should be used as a



guide only.

As SwimTrekks come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out [SwimTrek's tips to help you get the best deals for your flights](#) page on the website.

From London / Airport

Getting to Brighton is easy. It is just under an hour by rail from London and only half an hour from London Gatwick Airport. Sea Lanes is either a 30 minute walk or a 10 minute taxi ride from Brighton Train Station.

PRACTICAL INFORMATION

Accommodation

Brighton boasts many accommodation options, with everything from hostels, through to guest houses, quirky boutique hotels and large seafront branded hotels. Included in our package price are two nights' accommodation in one of two owner-operated guest houses close to Sea Lanes on Madeira Drive. The [White House](#) is an award winning boutique bed and breakfast a short walk from Brighton seafront. The [Brighton Marina House Guesthouse](#) is a Georgian building located in a quiet side street just off the seafront. If your preferred accommodation is not available for your selected trip dates, please [contact SwimTrek's customer team](#) to discuss alternative options.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Brighton and need to book additional nights' accommodation before or after the camp, please contact your accommodation provider directly.

You should consider extending your stay as Brighton has a wealth of attractions to enjoy, from the Regency splendour of the Royal Pavilion to the new British Airways i360 and, just behind Sea Lanes, the Victorian aquarium, now Sea Life Brighton.

If shopping is your thing then Churchill Square has the big brand names but don't miss The Lanes, a maze of narrow, twisting alleyways filled with independent quirky jewellers, antique, craft and clothing shops along with locally produced food and drink.

Just behind Brighton lies the South Downs National Park, easily accessible by train, bus or taxi, and is perfect for gorgeous walks and bike rides.

Food and Drink

Two breakfasts and one lunch are included in the trip price. Breakfast is included at your accommodation, booked through SwimTrek. Our lunch is from Wood X Coal who champion the taste of fire with a specialist wood and charcoal burning oven. Wood X Coal offer a good selection whether you are vegetarian,



carnivore or health-conscious. Brighton has a wide range of local restaurants and cafes to explore throughout the duration of your stay.

Extra Activities

Both a local massage therapist and group and private yoga classes can be booked locally at the Sea Lanes site. Unwind at the Beach Box Sauna with wood fired saunas and outdoor freshwater showers. Right next door is beach volleyball and Brighton itself is a buzzing playground.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover items such as entertainment, additional meals, snacks, and souvenirs. The local currency in the UK is British Pound Sterling (£).

In some countries tipping, gratuities, is not part of the culture in others it has become an expected norm. We believe that tipping is entirely at your discretion. If you have been provided with excellent service it may be something you wish to do. Your SwimTrek coaches can advise on local norms for service providers like boat crew, waiters, or taxis. Nothing is expected for your SwimTrek coaches, but many groups like to present something to them at the end of the trip.

Passports and Visas

Non-residents of the UK require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of all EU member states, the US, Canada, Australia and New Zealand do not require a visa to enter UK. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to the UK, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this



information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs and Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.