

Swim Camp

19-22 September

Three days of outdoor and indoor swim coaching in Ullswater with world-class open water swimmers, Colin Hill and Cassandra Patten.



YOUR STAY

Our team are on hand to help you organise your stay ensuring you can make the most of your time with us. They can make dinner reservations, book Swim Club treatments or lake sport sessions, including stand-up paddleboarding and kayaking.

WHAT TO EXPECT

Swim camp timings subject to change dependent on group size and ability:

ARRIVAL

3pm

Guest check-in

Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds or spend time in Swim Club

6-8pm

Personal dinner arrangements

The Living Space, Glasshouse or Rampsbeck Restaurant

9-10pm

Stargazing night swim in Ullswater

Swimming at night is a real experience. Guided by Colin Hill, float in the water under the stars

DAY ONE

7.30 -10am

Breakfast in Rampsbeck

11am

Group swim in Ullswater with Cassandra and Colin

An introduction to swimming in Ullswater including all the safety elements of open water swimming. Tailored to the ability of the group

1pm

Lunch in the Glasshouse

Wood-fired pizza

From 3pm

Individual 30-minute endless pool session

Swim in the training pool, against jets with underwater and full video analysis

6-8pm **Personal dinner arrangements**
The Living Space or Rampsbeck Restaurant

6.30pm **Open water swim club training session in Ullswater**
You have the option to join Colin's club for their weekly open water session from the hotel jetty

8pm **Review of day two including video analysis**

DAY TWO

8am **Morning swim in Ullswater**
Without a wetsuit followed by a continental breakfast in the *Glasshouse*

10am **Talk by Cassandra in the *Glasshouse***
Find out more about her motivation and Olympic journey

12pm **Group lunch in the *Living Space***

1pm **Open water coached session in Ullswater**

5pm **Group lake swim**
Steady options of 1km or 2km

8pm **Group dinner in *Rampbeck Restaurant***

DAY THREE

7.15am **Early bird wild swim**
Colin will take you to one of his favourite swimming spots further down the lake. This will require transport which can be arranged

9.30am **Group breakfast in *Rampsbeck Restaurant***

11am **Guest check-out**
We will look after luggage so you can spend all day with us

10.30am **Cross lake swim**
Challenge yourself to swim the breadth of Ullswater supported by Colin in his boat, weather dependent

1pm **Indoor pool training session**
Focusing on breathing and technique and any key skills you would like to practice