

Swim Venture

Retreat

The retreat for those who cannot resist a little adventure!

Presented by Masters Swimming WA

25-28 November 2022

Packages from \$995 pp

Retreat Inclusions

Eight coached swim sessions across the four days including;

- mobility work
- underwater filming
- individualised feedback
- heated pool and open water venues
- scaled to suit EVERY ability

3 nights deluxe accommodation in Rockingham,

Sunrise open water swims every morning at magical locations across Warnbro Sound.

Open Water Swims at our favourite beaches

Fabulous food and drink provided - including Chef prepared meals.

Swimming, snorkeling, hiking, SUP, Pilates, cooking class and more!

Exclusive WA program aimed at our adventurous members. Open to Masters Swimming WA members only.

www.mswa.asn.au/swimventure-retreat

Swim Venture with us

Overview

We all love to go on retreat to relax and recuperate! This time we are heading to beautiful Palm Beach in Rockingham to combine our passion for swimming, good food and a little adventure.

Another retreat with a difference! You'll stay in stunning accommodation and enjoy the pristine beaches of Warnbro Sound, with loads of swimming adventures at the heart of this experience:

- 3 nights at Bluehaven Retreat, a modern two storey home straight across the road from Palm Beach in Rockingham.
- A daily swim adventure or two led by Swim Coach Kareena Preston, with early morning dips and swimming in magical ocean locations, plus pool work (with video) to hone your technique
- And more to soothe the soul, a pilates session, cooking class and excursions to the best eating and drinking holes the area has to offer.



Let's get this SwimVenture started...

Day 1 - Fri 25th November



We start the retreat as always...with Coffee! We will spend some time getting to know everyone and tell you of the adventures ahead.

Next up is the first of many open water sessions before we break for lunch ahead of our afternoon pool swim.

We share a delicious chef prepared dinner for the big weekend of adventure ahead of us all and a special something to end the evening!

What's a SwimVenture without the adventure?

Day 2 - Sat 26th November

With Summer upon us it's time to make use of the beautiful beaches and open water venues around Warnbro Sound.

We will be visiting some of the best beaches Rockingham has to offer, swimming the shore line, exploring the reefs and soaking up the warm weather.

We will be throwing in a bit of SUP today with another pool session and dinner at one of Perth's Finest Award Winning Tapas Restaurants !



Just another relaxing Sunday...

Day 3 - Sun 27th November



Sundays are for relaxing and we have plenty of that in store. Cooking, eating, swimming and more.

Another opportunity for an early swim before a lazy Sunday breakfast on the deck.

Today we have a special treat for everyone. A delicious cooking class where we cook our lunch and share the dishes we prepare. Plus a couple of ocean swims.

We finish the evening with Chef preparing a tasty BBQ on the deck.

But wait.... there's more!

Day 4 - Mon 28th November

We start our final day with another early morning ocean swim before packing up and checking out of our beautiful house.

We head to another gorgeous beach for one last long swim before a nutritious lunch and a bevvie of goodbyes at yet another local award winning cafe!



Find tranquility

Bluehaven Beach Retreat is a stunning contemporary beach house, ideally situated overlooking the sparkling Indian Ocean.

The main living areas offer breathtaking views of Palm Beach, made even more stunning at night with the lights of Rockingham Jetty! The house is walking distance to beaches, cafes, restaurants and more.

Bluehaven is fully equipped with everything you need for a perfect getaway. With comfy sofas, smart TV's , free WIFI, well equipped kitchens and laundry and ample tables and chairs throughout. There are also some excellent 'hidey-hole' spaces if you just want some quiet 'time out'.

The retreat is limited to a maximum of 12 guests. There are 6 bedrooms (plus the mezzanine) and 4 bathrooms across both levels of the house, with a variety of accommodation options offered (see page 6).

Watching the sunset over the ocean from the balcony will make our evenings even more delightful!

Only 6 car-bays are provided at Bluehaven so we will arrange carpooling.



Your accommodation options

King Room \$1100pp



This room is a twin share suitable for a couple or the bed can be split to accommodate 2 singles.

It has a king bed overlooking Palm Beach with a walk in robe and a chest of drawers. Use of a shared bathroom (one for men, one for women on each floor)

**Two rooms only available (4 people).
All linen is supplied.**

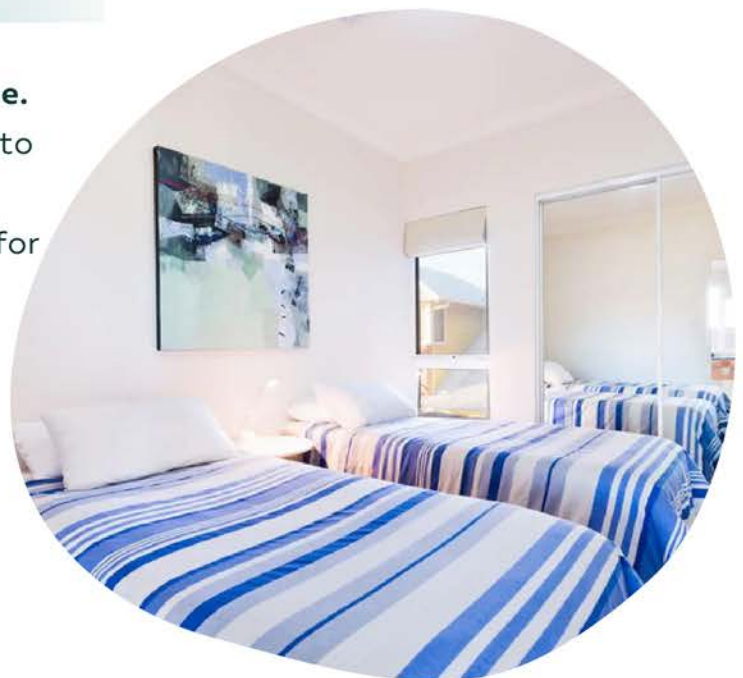
Twin Share Room \$995pp

This room is a twin share suitable for 2 people.

It has 2 singles beds with a sliding door robe to share.

Use of a shared bathroom (one for men, one for women on each floor)

**Four rooms only available (8 people).
All linen is supplied.**



Your hosts

We are Masters Swimming WA and we are proud that your hosts Kareena Preston and Hannah Lawton work with us.

With over 30 years' experience of coaching swimmers, Kareena is well known in swimming circles in WA. She is one of the best, having coached from club to the highest level. But, Kareena excels in our environment because she is warm, open, is a communicator par excellence amongst coaches and a little cheeky! This is why we are confident that Kareena will be the perfect host for your SwimVenture.

Hannah Lawton also works for us at Masters Swimming WA and makes up the team behind your SwimVenture. Hannah will be Kareena's 2IC, providing water safety assistance for the open water sessions, and there to make things run smoothly and let the coach coach! They are a great team and will make sure you are looked after.

If you have any questions about SwimVenture, please contact us on 08 9328 9469, or using the emails listed below:

Kareena Preston – coaching@mswa.asn.au

Hannah Lawton – communications@mswa.asn.au



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SCAN ME

Book your spot today!

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