GO 4TRI

4 – 10 JANUARY 2027

UMALAS • BALI

BALI SWIM CAMP

Start the year in the water.



THE POOL



THE OCEAN



THE ISLAND

Small group • Two coaches • Pool & open-water sessions

MEET YOUR COACHES



KSENIIA LEVKOVSKA

Professional triathlete
Certified coach & nutritionist

Nearly 20 years in endurance sports, with 170+ races across 51 countries.

Kseniia combines racing experience with sports science, helping athletes improve their technique, build consistency and balance performance with health.



ROSTYSLAV PEVTSOV

Three-time Olympian
World Aquathlon Champion

Over 20 years at the highest level of triathlon.

A medallist at World Cups, European Championships and the European Games, Rostyslav brings elite racing experience and a focus on sustainable progress to his coaching.

BALI IN JANUARY



PENJOR

Summer on the other side of the world

Bali lies south of the equator: when the Northern Hemisphere has winter, Bali has tropical summer. Here, the main seasons are wet and dry.

Warm days, warm ocean

Expect daytime temperatures around 30°C and ocean water around 29°C. The inland hills around Ubud feel cooler than the coast.

Tropical showers & lush landscapes

January is part of the rainy season, but that does not mean nonstop rain. Showers can pass within a few hours, with dry spells and sunshine between them. Longer rainy periods are also possible.

Low-season value

Outside the Christmas and New Year peak, the wet season generally brings lower accommodation prices and fewer visitors than July–August. A chance to enjoy Bali's green landscapes, temples and cafés alongside your training.



TEGALLALANG

DAY 1 • MONDAY, 4 JANUARY

WELCOME & FIRST SWIM



PERSONAL COACHING

10:00–11:30

Meet at the pool

Canggu Community School, Umalas

Meet your coaches and the group, and share your swimming goals.

Start with a gentle warm-up and light activation.

Ease into the week with relaxed swimming, body-position and breathing drills.

Receive your first individual technique pointers.

After training

Free time to settle in, recover and explore nearby.



MOUNT AGUNG



SWIM TECHNIQUE



TANAH LOT

DAY 2 • TUESDAY, 5 JANUARY

TECHNIQUE ASSESSMENT

10:00–11:30 • Pool session

Canggu Community School, Umalas

Warm-up and light activation before entering the water.

Swim filming and individual technique assessment.

Targeted drills for your main technical priorities.

Practise applying the corrections in short, controlled repeats.

13:30 • Optional sightseeing tour

Taman Ayun Temple, coastal views at Batu Bolong Temple and sunset at Tanah Lot. Private transport for those joining.

Extra cost: approx. IDR 500,000 per person
(about €25 / US$28). Final price subject to the January group quote.
Estimated return around 20:00, depending on traffic.



SWIM-SPECIFIC STRENGTH



ULUWATU

DAY 3 • WEDNESDAY, 6 JANUARY

UNDERSTAND YOUR STROKE

10:00–11:30 • Pool session

Canggu Community School, Umalas

Warm-up and light activation.
Individual drills based on your filmed assessment.
Work on the catch, body alignment and stroke coordination.
Carry your technique changes into steady swimming.

After the pool • Swim-specific strength

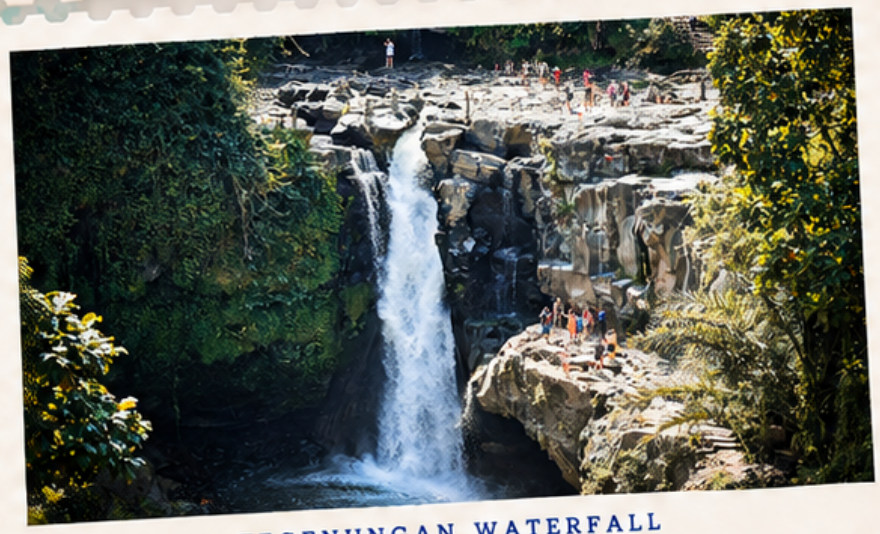
Approximately 20 minutes of controlled work for shoulder stability and core strength. Bring a mat or towel.

Workshop • Video review & technique

Review your footage, understand your priorities and learn which drills to keep using.
Questions and discussion with both coaches.
Workshop time and venue to follow.



TRAIN TOGETHER



TEGENUNGAN WATERFALL

DAY 4 • THURSDAY, 7 JANUARY

ENDURANCE & PACING

10:00–11:30 • Pool session

Canggu Community School, Umalas

Warm-up and light activation.

Aerobic repeats at a controlled, sustainable pace.

Practise holding your stroke quality over longer distances.

Adjust effort and recovery with individual coach feedback.

Afternoon • Optional sightseeing tour

Proposed departure: 12:30–13:00

Explore Tegenungan Waterfall and central Ubud, with time around the palace and market.
Private transport for those joining.

Estimated extra cost: IDR 500,000–700,000 per person (about €25–35 / US$28–39). Final price and route to be confirmed.
Allow approximately 6–7 hours including travel.



OPEN-WATER SWIMMING



THE COAST

DAY 5 • FRIDAY, 8 JANUARY

OPEN-WATER SKILLS

Open-water session

Meeting point and time to be confirmed

Group briefing, gentle warm-up and light activation.

Practise sighting and maintaining your direction.

Build confidence with breathing, rhythm and swimming near others.

Apply your pool technique to a supported open-water session.

After training

Free time to recover and enjoy the island.

A flexible day by the ocean

This session replaces the pool session.

Location and timing depend on sea conditions and local support.

The day may move, with a pool session as the alternative.



SWIM & PROGRESS



BALINESE DETAILS

DAY 6 • SATURDAY, 9 JANUARY

SWIM TEST & LACTATE TESTING

10:00–11:30 • Pool session

Canggu Community School, Umalas

Warm-up and light activation.
Swim test followed by lactate testing.
Individual pacing and technique feedback.
Repeat filming to review the changes made during the week.
Personal feedback on what is working and what to practise next.

After the pool • Swim-specific strength

Approximately 20 minutes

A short routine for core control and shoulder stability that you can repeat at home.

Rest of the day

Free time to relax and enjoy Bali.



COACHING & FEEDBACK



MOUNT AGUNG

DAY 7 • SUNDAY, 10 JANUARY

FINAL SWIM & CAMP WRAP-UP

10:00–11:30 • Pool session

Canggu Community School, Umalas

Warm-up and light activation.
Final swim to consolidate your technique and pacing.
Revisit the drills that have helped you most.
Finish with individual feedback from your coaches.

After training • Group café meet-up

Review your progress, discuss your next training steps and ask any remaining questions.

Leave with clear personal priorities for your swimming after the camp.

Café and meeting time to follow.
Food and drinks are paid separately.



PERSONAL COACHING



BALI MOMENTS

4–10 January 2027 • Bali Swim Camp

CAMP PRICE & BOOKING

€500 per person

RESERVE YOUR PLACE

A €100 deposit secures your place and counts towards the total camp price.
Pay by PayPal or bank transfer.

PAY THE BALANCE

The remaining €400 is due before your first training session.
Pay by PayPal, bank transfer or cash on arrival.

CANCELLATION

Cancel at least 7 days before the camp starts to receive a full refund.
For cancellations less than 7 days before the start, the €100 deposit is non-refundable. Any payment above the deposit will be refunded.

If we cancel the camp, all camp payments will be refunded in full.

BEFORE YOU ARRIVE



YOUR TRAINING BASE

Canggu Community School
Umalas pool
Jl. Bumbak Dauh No.99
Kerobokan Kelod, Kuta Utara
Badung, Bali 80361, Indonesia

Open in Google Maps

Stay nearby

Book your own accommodation in Umalas via Booking.com or Airbnb. Aim for a journey of no more than 20 minutes to the pool. Check travel time before booking.

Getting around & staying connected

Install Grab for local car or motorbike taxis. Allow extra time for traffic.
Buy a local SIM on arrival, or arrange an Airalo or Saily eSIM before travelling. Check phone compatibility and current plans.

Your swim kit

Swim cap, tinted or mirrored goggles, pull buoy and hand paddles. Short fins strongly recommended; front snorkel optional.
Bring swimwear, flip-flops, a towel or exercise mat, water and sun protection.
Missing any equipment? Let us know before the camp.

Beyond swimming

Cycling and running can be discussed separately.
Road bike rental: approximately IDR 400,000–700,000 per day, arranged and paid separately. Confirm model, availability and extras with the provider.