

Typical schedule for each freestyle swimming workshop

Friday

- 15.00 – 17.00 Airport pick up
- 17.00 – 21.00 arrival and welcome garden party – free flow pasta
- 21.00 - next day Rest

Saturday

- 06.00 – 07.00 Breakfast and coffee
- 07.00 – 07.30 Video taking
- 07.30 – 09.30 Swim session
- 09.30 – 10.30 Shower
- 10.30 – 11.30 Video analysis + theory
- 11.30 – 12.30 Lunch (Balinese chicken rice with vegan option)
- 12.30 – 15.30 Sightseeing / shopping / rest
- 15.30 – 16.00 Return to Balitri and prep for a swim
- 16.00 – 18.00 Swim session
- 18.00 – 19.00 Shower
- 19.00 – 22.00 BBQ party with a vegetarian option
- 22.00 - late Rest

Sunday

- 06.00 – 07.00 Breakfast and coffee
- 07.00 – 09.00 Swim session
- 09.00 – 10.00 Shower
- 10.00 – 12.00 Brunch in Ubud / Sanur
- 12.00 – 14.00 Free time
- 14.00 – 14.30 Return to Balitri and prep for a swim
- 14.30 – 16.00 Swim and last video taking
- 16.00 – 17.00 Shower
- 17.00 – 18.00 Early dinner and wrap up
- 18.00 - late Departure and drop in the airport

Note:

- All meal has a vegan option
- You also can stay another night with an additional fee on Sunday night.
- Typical breakfast in our venue is toasted organic bread with egg, avocado, basil and tomato from our own garden; banana and strawberry pancakes and vegan light stir red rice.
- BBQ is a mixed grilled vegetarian sausage, grilled beef, chicken, sweet potatoes, corn, and salad.