



Day 1.

Saturday

Arrival to Split or Zadar Airport.

Transport to [Sibenik](#), [OldTown apartments](#).

Members who arrive early or with personal transportation will have a free day to explore the town.

Short briefing for Sunday after all members are accommodated.



Day 2.

Sunday 1k - 2k

9am Meeting and safety briefing where we will go through the plans for the days ahead.

Following this, we hold an acclimatisation swim at the [beach Banj](#) directly in front of [Sibenik](#).

This is a great way to get used to the local conditions.

2pm [Sibenik](#) old town tour

5pm Sport massage in [physio centre](#)



Day 3.

Monday 3k- 4k

9am [Sibenik](#) channel swim from the [beach Banj](#) with our SUP support.

12am Lunch in [Sesula](#) and briefing for Swim Clinic and video analysis.

2pm Swim Clinic at [Crnica pools](#).

6pm Video analysis in Na.Ma.Lo. wine bar.



Day 4.

Tuesday 4k- 6k

9am [Boat trip](#) to [Island of Krapanj](#) for a 45min walk followed by Island swim.

1pm Lunch in [Sesula](#).

4pm [Boat trip](#) outside of [Sibenik](#) Channel for a swim alongside Jadrija to Srma.



Day 5.

Wednesday 4k - 6k

9am [Boat trip](#) outside of [Sibenik](#) Channel for a swim alongside [St. Nicholas fortress](#) towards [Solaris](#).

1pm Lunch in [Sesula](#).

4pm [Boat trip](#) to [island of Prvic](#) for 45min walk followed by Island swim.



Day 6.

Thursday 4k - 6k

9am [Boat trip](#) to [island of Zlarin](#) for a 45min walk followed by Island swim.

1pm Lunch in [Sesula](#).

4pm [Boat trip](#) to island of Lupac, which is not inhabited, for our last island swim.



Day 7.

Friday 3k - 4k

9am [Sibenik](#) channel swim from the [beach Banj](#) with our SUP support.

12pm Lunch in [Sesula](#) and briefing for Swim Clinic and video analysis.

2pm Swim Clinic at [Crnica pools](#).

6pm Video analysis in Na.Ma.Lo. wine bar and Swim Project party.



Day 8.

Saturday 500m - 1k

11am Short swim at the [beach Banj](#).

1pm Lunch in [Sesula](#).

Free time.

Transportation to Airport (Split, Zadar)



In situations where there is an obvious risk of an electrical storm or extreme bad weather, open water swim will be postponed or cancelled.

Swim Project camps 2018:

1st - 8th September 2018

15th - 22nd September 2018

850 Euro, not including flights

Number of people per camp is limited to 8

Email: swimproject86@gmail.com

Mobile number: 00385 95 110 9286



Yellow- 1 morning swim, 2 afternoon swim **TUESDAY**
Red- 3 morning swim, 4 afternoon swim **WEDNESDAY**
Black- 5 morning swim, 6 afternoon swim **THURSDAY**



SIBENIK