

FAQs: Vancouver Island Retreat (July 20-26)

What are the ratios of swimmers to coaches? Is there a maximum group size?

We do not have set ratios or maximums, but we are very conscientious about making sure that each swimmer gets feedback and coaching throughout the week. Your experience is important to us, and we make sure our coaching team is able to meet the needs of each individual in the group.

The website lists a variety of team activities and dinners – are they included in the price?

Activities and meals listed on the retreat schedule are INCLUDED in your camp. Other meals and activities campers wish to undertake are at their own cost.

What is the best way to get to Vancouver Island?

It's pretty easy to get to Victoria via plane, or, if you are looking for a stunning experience on the water, via ferry. Check out BC Ferries for sailing schedules.

Is transportation to and from the airport included? If not, what is the best way to get in and out of the city?

Once you have booked your transportation – let us know when and to where you are arriving (airport, ferry, bus terminal). When possible, we will assist with arranging transportation for a reasonable rate. If we cannot provide transportation, we will recommend the best way to get to the camp location.

I'm bringing my own car; can I opt out of the group transportation?

Yes. Absolutely, if you want to move yourself between activities and up and down the island, you are more than welcome to. We will provide exact times and maps to ensure you are with the group! A small refund will be issued for those not requiring group transportation.

Is it possible to get groceries easily while staying at the retreat accommodations?

Just down the hill from the UVIC accommodations (10-minute walk) is a quaint little area known as Cadboro Bay Village. There you will find a grocery store, liquor store, pharmacy, pub and a variety of restaurants and coffee shops. <https://www.cadborobayvillage.com/about/>

In Nanaimo, there is also a close grocery store only 10 minutes from the VIU residences.

I'm not staying at the retreat accommodation; how do I get to the swims and activities?

It is the responsibility of the participant to get themselves to and from the pool for practices and/or departure point (which is the retreat accommodation) for group travel.

How are the workouts structured?

Swim clinics and workouts are scheduled back to back, but really serve two separate purposes. The clinics take the time to break down strokes, or stroke skills, with your Olympian coaches. The practices are interested to allow time to get a good swim workout in!

Some participants prefer to do a straight two-hour swim practice and we are always able to accommodate and coach that.

Other participants really value the coaching and technical instruction and chose to continue to work on their newly acquired skills from the clinic rather than getting their heart rates up with a swim workout. As long as there is room, we absolutely welcome this type of personal decision making and happily support the swimmers.