

A photograph of a swimmer in a pool, wearing a yellow swim cap with 'arena' and 'BE SWIMMING' logos, and blue goggles. The swimmer is looking towards the camera with hands raised. In the foreground, the back of a person wearing a blue t-shirt with 'COACH' printed on it is visible. The background is the blue water of the pool.

BE SWIMMING CAMP 2026

Friday, 09.10 – Sunday, 11.10.2026 | Saignelégier, Jura

CAN YOU SWIM 2KM FREESTYLE? THIS IS YOUR NEXT LEVEL.

SWIMMING PACKAGE

Earlybird — 490 CHF/person

Normal — 540 CHF/person

YOU GET

4 Swim Sessions

Video Analysis (Incl. Underwater Shots)

Swim-Specific Dryland Workshops

Q&A featuring Swiss Olympian

4 Main Meals (Lunch & Dinner)

Resort Access: Pool and Wellness

Post-Camp: 4-Week Training Plan

Optional “Ride Your Bike To Jura” – Luggage Transport

WHERE

At [Jura-Resort.ch](https://jura-resort.ch)

DO YOU WANT YOUR ACCOMMODATION TO BE RESERVED FOR YOU?

Single occupancy — CHF 135/night/room

Double occupancy — CHF 188/night/room

Including breakfast

LIMITED CAPACITY!

AGENDA

Program modifications reserved

FRIDAY

Day before (latest)	Luggage drop for optional cycle
until 15:15	Check-in @Hotel
15:30 – 16:00	Welcome, Orientation
16:00 – 17:30	Swim 1 > Video
18:30	Dinner
19:45	Q&A with Swiss Olympian

SATURDAY

06:30 – 07:45	Breakfast
08:00 – 09:00	Input 1 > Video Analysis / Front crawl inputs
09:15 – 09:45	"The perfect warm-up routine before a swim"
10:00 – 11:45	Swim 2 > Technique Training Combined with Endurance Intervals
12:15 – 14:00	Lunchbreak
14:00 – 14:30	Input 2 > Swim cord training
14:45 – 17:15	Swim 3 > Stroke refinement/Endurance development
From 17:15	Social / Me-Time for Wellness
Around 19:30	Dinner
After	After-Dinner Drinks/Brändi Dog

SUNDAY

07:00 – 08:00	Breakfast / Check-out
08:30 – 09:15	Activation
09:30 – 11:30	Swim 4: "Last person standing"
12:00 – 13:15	Lunch and Closing