B-TRAiN & Friends Curacao 2025—Camp Information & Release Form

Camp Options:

Registration for camp is open and there are spots for 22 swimmers! This year there are two camp options:

Camp Option A: $800, includes all pool, open water practices, as well as on and off-site camp activities, ground transportation to and from the resort, after practice snacks, and a team breakfast at the end of camp.

Camp Option B: $700, includes all open water swimming, all off-site camp activities, ground transportation (from the resort), after practice snacks and a team breakfast at the end of camp.

This is a unique training camp, as the main pool and many camp activities are offered at the resort, which significantly reduces the overall cost of the camp. Swimmers that choose to stay off-site are not able to access the resort for pool practices. It is recommended that all swimmers choose accommodation at LionsDive Resort, as choosing elsewhere will restrict their access to the training sessions at the pool as well as any camp activities at the resort.

The size of the resort and the many amenities make it a very spouse/family friendly camp, should you not need the solo escape! Should you have a family member/spouse/partner/friend joining you for the trip (but not the camp), and you would like them to be part of our social activities and transportation, I can do that! Please let me know on the registration form and I will connect with you to work out the details.

Ground Transportation:

We have rented 2, 12-passenger vans as Curacao also drives on the right side of the road. All transportation to open water practices and camp activities will be via these vans, driven by your coaches. If you choose to stay off site (not at the Lions Dive Resort), you are solely responsible for transportation to meet up with the group at Lions Dive for the pre-arranged departure times.

Flights:

When booking flights, please remember that camp starts on November 5—Thursday morning! It is recommended that you arrive on Wednesday, November 4. Some accommodations at the LionsDive will be available prior to November 4 and after November 13, should you choose to extend your stay on either end.

Accommodations:

Rooms have been reserved at the Lions Dive Resort. There are multiple room types available, and you can choose a flexible rate or a non-refundable rate. The flexible rate allows you to cancel 8 days before arrival and requires a 20% downpayment. The non-refundable rate does not allow you to cancel without a fee and has a 100% downpayment but is less expensive. All rooms (except for the apartments) have a mini-fridge and rates are quoted in USD (for the record—I asked them to quote in their currency, the Caribbean Guilder, but no such luck).

The link to booking is set to the FLEX rate. If you wish to book the NON-REF rate, it will be done manually, and an adjusted confirmation will be sent. **This hotel has been an absolute pleasure to work with—they are responsive, friendly and prompt in taking care of any questions!**

Room Types:

Resort View Rooms—standard room, 1 king or 2 queen beds, view of resort, pool or street $189 per night NON-REF/$209 per night FLEX (double occupancy)

Ocean View Rooms—partial ocean view, 1 king or 2 queen beds, $219 per night NON-REF/$239 per night FLEX (double occupancy)

Ocean View Deluxe Rooms—ocean view, private balcony, 1 king or 2 queen beds, $259 per night NON-FEF/$289 per night FLEX (double occupancy)

Ocen Front Rooms—ocean front view, private balcony, spacious bathrooms, 1 king bed only, $289 per night NON-REF/$329 per night FLEX (double occupancy)

2-Bedroom Apartment—overlooks training pool, 2 bedrooms with 1 king bed in each, 2 full bathrooms, fully equipped kitchen, living room and pullout couch, $439 per night NON-REF, $499 per night FLEX (quad occupancy—additional charge for 5th and 6th person)

Prior to arriving there will be an option to add on meals if you wish. Two of the most common options are to add breakfast, or to add breakfast and dinner. Pricing to follow.

Rooms need be reserved prior to August 5.

Extra Resort Amenities:

Should you wish to explore on your own, there is a daily shuttle from the resort which departs at 9:00am and returns at 1:00pm. Advance sign up is needed.

There is also a shuttle to the grocery store daily at 9:00 and again at 10:00am, which allows for 45 minutes in the grocery store before returning (on Sunday’s the shuttle runs only at 10:00am).

Rentals of kayaks and paddleboards is possible on the beach.

Two laundry facilities are available, and detergent is available at the front desk free of charge.

There is an indoor and outdoor spa available for multiple services, at a fee.

Four different restaurants are on site at the resort.

Camp Activities:

We plan to explore the island to the fullest! Open water practices will be planned on as many beaches as possible—and we’d like to spend some time beach-hopping when we aren’t swimming! A walking tour of Willemstad is a must, along with a Tuk Tuk tour. We’d love to explore the Hato Caves, both National Parks (Shete Boka and Christoffel), and there are rumours of green rum…

Some of the camp activities are included at the resort: yoga on the beach, bootcamp (still investigating this one…it may just be for the very brave), and a walk to explore the salt plains and view the flamingos. There is also a lot of live music in the evenings—and 4 restaurants to enjoy!

The resort is situation right on Mambo Beach, and there are restaurants and bars along the beach just off the resort.

**B-TRAiN Swimming Release Form**

1. B-TRAiN & Friends Curacao 2025 (Option A--$800) includes: coaching at pool practices, coaching at open-water sessions, transportation to and from open water practices, camp activities, and a camp breakfast. B-TRAiN & Friends Curacao 2025 (Option B--$700) includes: open-water sessions, transportation to and from open water practices, off-site camp activities, and a camp breakfast. B-TRAiN will make every effort to ensure that the camp remains as currently scheduled but reserves the right to alter the schedule if needed.

2. The registered swimmer is solely responsible for booking and paying for anything not included above, including all travel-related arrangements (e.g., flight(s), hotel, meals, and travel insurance) as well as any optional activities.

3. Registration for camp is complete after a copy of this document is received by B-TRAiN Swimming, and a deposit of $300 CAD is paid by e-transfer to [registration@btrainswimming.com](mailto:registration@btrainswimming.com). The final payment of $500 (Option A) or $400 (Option B) is due no later than October 1, 2025.

4. B-TRAiN Swimming reserves the right, under necessary circumstance, to cancel camp, and in this event will return all money paid for registration, including deposits, paid to registered swimmers. B-TRAiN Swimming is not responsible for any other costs personally accrued by the participants in the case of cancellation, including costs for flights, hotels and/or other arrangements.

5. I acknowledge that swimming and other physical activities involve inherent risks, including but not limited to physical injuries, heart attacks, and even death. I confirm that I am of sufficient physical fitness to participate in the Camp activities, and that I am voluntarily assuming all risk associated with participation in these activities and use of all facilities involved. I AGREE TO HOLD HARMLESS AND TO WAIVE ANY AND ALL CLAIMS AGAINST B-TRAiN Swimming, ITS SHAREHOLDERS, OFFICERS, AGENTS, EMPLOYEES AND REPRESENTATIVES (the “RELEASEES”) AND TO RELEASE THE RELEASEES FROM ANY AND ALL LIABILITY FOR ANY LOSS, INJURY, EXPENSE OR DAMAGE THAT I MAY SUFFER AS A RESULT OF PARTICIPATION IN THE CAMP, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF STATUTORY OR ANY OTHER DUTY OF CARE.

6. Indemnity. I AGREE TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES FROM ANY AND ALL LIABILITY RESULTING FROM MY PARTICIPATION IN THE CAMP, INCLUDING PROPERTY DAMAGE OR PERSONAL INJURY TO ANY THIRD PARTY.

8. I have read and understood this Agreement and agree that by signing I am waiving certain legal rights that I or my heirs, next of kin, executors, administrators and assigns may have against the Releasees.

By signing below, I agree to the terms and conditions of this contract:

Signature: Date: