



**Swim Around Keppel**  
**WARM WATER CAMP**  
Great Keppel Island, Queensland



Keppel Islands Swimming Association  
**Swim in Paradise**



An aerial photograph of a group of people participating in a water activity in clear, turquoise water. There are several kayakers in various colored kayaks (white, yellow, blue) and several swimmers. A larger boat is visible at the bottom of the frame. The water is very clear, showing some darker patches that could be coral or rocks.

# SWIM IN PARADISE

Join us on the Great Barrier Reef for a  
5-day tropical island swimming adventure!





# GREAT KEPPEL ISLAND

Host to 17 pristine beaches, coral reef, and an abundance of island and marine life, Great Keppel Island (GKI) is truly a place like no other.

Located just 30 minutes from Yeppoon on the Capricorn Coast, GKI lies slightly north of the Tropic of Capricorn and enjoys an ideal sub-tropical climate with plenty of sunshine, mild winters and temperate crystal clear water.

The island remains largely uncommercialised and offers a relaxing natural setting for day guests and holiday-makers alike. Accommodation, dining, entertainment, snorkeling, reef tours, cruises, and watersport activities are available on the island.



# Keppel Islands Swimming Association

The Keppel Islands Swimming Association (KISA) was formed in 2019 to encourage and promote swimming and aquatic sports and activities.

KISA is proud to help unite aquatic organisations in Central Queensland with a common purpose; to promote aquatics throughout the region.

Whether it's, swimming, snorkelling, surfing, or scuba diving, aquatics is at the heart of what we do.



## Swim Around Keppel

KISA's signature event is Swim Around Keppel (SAK).

SAK is an annual open water event that occurs in July or August and includes individual & team relay swim events and fun for the whole family.

Since its inception, Swim Around Keppel has attracted over 380 competitors from around the country.





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**Swimming around Great Keppel was an extraordinary opportunity to gain open water experience.**

**I loved every moment of swimming through Keppel's crystal-clear waters and seeing the spectacular marine life around the island.**



**BRIANNA THOMPSON**

**BRISBANE, QLD**

*2nd Youngest Australian to complete a  
2-Way Crossing of the English Channel at 17 yrs  
1st Female in the 2019 Port to Pub's 25km Event*



# WARM WATER CAMP

**5 DAYS OF SWIMMING, LEARNING & HAVING FUN!**

Join our experienced swimming coaches for an open water (warm water) camp on beautiful Great Keppel Island.

This camp is designed for ocean swimmers of all levels – from newcomers to seasoned swimmers – and promises 5 days of learning, planning, swimming, hiking, yoga, nutrition, and all-round fun and enjoyment on the island! Participants must be a minimum age of 14 years to register for this event.

**WHEN:** 22nd - 26th July 2024 - Advanced Camp\*  
21st - 25th October 2024 - Adventure Camp

*\*Advanced Camp includes longer distance swims (3hr+) each day*

**WHERE:** Great Keppel Island, Queensland

**PRICE\*:** Single \$2,650 | Double \$2,250 | Triple \$2,050

*\*Prices are per person and based on accommodation preference and availability*

**TRANSFER:** Via Keppel Konnections (Rosslyn Bay Harbour)

Departing Rosslyn Bay Harbour Yeppoon at 3pm on Day 1, and arriving back at the harbour at 4:30pm on Day 5 (early departure can be arranged)

## Camp Inclusions

This is an all-inclusive camp\* and we will try to make getting here as easy as possible.

The camp includes transportation from Rockhampton Airport to Rosslyn Bay Harbour (if required), return ferry transfers to Great Keppel Island, 4 nights accommodation at the GKI Hideaway Island Cabins, all meals from Day 1 dinner until Day 5 lunch, registration, insurance, coaching, water safety, yoga sessions and other camp activities, plus awesome merchandise including shirt, towel, cap, and more!

*\*Please note that transportation to and from the Rockhampton Airport can only be arranged for the start and finish days of the camp (i.e. Day 1 and Day 5), minor restrictions on adult beverages apply, and massage sessions will be available but are not included in camp fees.*

**Registration is now open and places are limited.**

Payment of a \$200 deposit is payable upon registration. For more information, please email [hello@iswimhappy.com](mailto:hello@iswimhappy.com)





**I had an amazing time at the camp on GKI swimming with the turtles and amongst the coral. Highly recommend for all levels of swim fitness.**

**I can't wait to go again!**



**TARA GROUT**

PERTH, WA

*Australian Triple Crown of Open Water Swimming  
2022 Warm Water Camper*

# Meet Our Coaches

THEY'RE PRETTY AWESOME!



**VLAD MRAVEC**

*Founder of Vladswim Program*  
**SYDNEY, NSW**

Vladimir Mravec, hailing from Slovakia, swam for over 15 years in Europe and specialises in training open water swimmers. In 1995 Vlad became a swim coach by successfully completing a Master's Degree at the University of Physical education of Sport for Swimming.

Vlad currently runs the Vladswim program in Sydney's heart, covering all swimming levels from stroke correction to a 2-hour intensive squad session.

His expertise lies in providing interesting and effective pool and ocean swim sessions covering all intensity levels and skills to help swimmers achieve their long-distance goals and plan for specific endurance swim events.

The result of this professional service stands up in the world of Open Water Swimming.



**JOY SYMONS**

*Director of Aqualification & Fitness*  
**ROCKHAMPTON, QLD**

Australian Representative Joy Symons has over 30 years of international experience in the aquatic industry.

From learn to swim to coaching, Joy is an avid teacher/coach of technique and helping swimmers understand the science of swimming. Joy has completed multiple marathon swims but also enjoys ice swimming having completed an official ice mile.

With a passion for the arts, she continues to find ways to combine her artistic abilities with swimming and water safety.





## VAL KALMIKOV

*Two-time Olympian & Founder/Director of KISA*  
**ROCKHAMPTON, QLD**

Two-time Olympian for Latvia, Val Kalmikovs has been coaching swimmers since the early 90's in Russia, Latvia, the USA and Australia.

An experienced marathon swimmer, Val is also an exceptional pilot assisting swimmers on the Derwent River Big Swim.

The event organiser of Swim Around Keppel, Cliff to Bridge and Warm Water Camps in the Keppels, Val is the founder of the Keppel Islands Swimming Association.

Known for his hair, he's just an avid lover of the water.



## GRANT WOLF & GRANT KING

*Yoga & Massage Instructors*  
**BANGALEE, QLD**

Grant Wolf and Grant King have each been qualified professional masseurs for a decade or so, currently operating from their beachside home at Bangalee on the Capricorn Coast.

They use a combination of Sports, Remedial, Kahuna, Shiatsu and Therapeutic massage techniques to create unique, health-enforcing and healing experiences on the table.

Grant Wolf also works internationally as a masseur, yoga teacher, swim teacher and fitness trainer, particularly on Mustique Island in the Grenadines. He has established and run yogabc in Sydney, CQU gym yoga program Rockhampton, Rosslyn Bay Yoga and Wellness studios, and has been affiliated with the Keppel Islands Swimming Association since its inception.

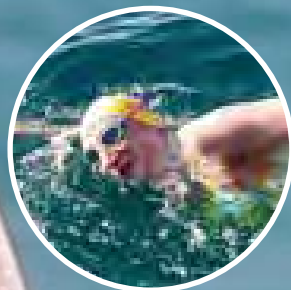
Grant is an accomplished pool and surf swimmer with a world masters surf-swim title and 30 years surf-lifesaving experience.

Grant King has an extensive background in sport and gym training and specialises in intuitive Kahuna massage.



“

**GKI is like no other. The sea is clear blue and warm. The coral gardens are like a shot of adrenalin. The atmosphere is relaxed and friendly.**



**CLAIRE KEANE**

BRISBANE, QLD

*Lifelong Open Water Swimming-Lover*



# What to Expect

**ON DAY 1 THE FERRY LEAVES ROSSLYN BAY AT 3PM**

Then every day on the camp you will enjoy...

- ✓ **Yoga classes**
- ✓ **Technique sessions**
- ✓ **Short and/or Long swims (see Swim Courses)**
- ✓ **Individual sessions**
- ✓ **Massages (must be pre-arranged/paid for)**
- ✓ **A great time with new and old friends**
- ✓ **Rest time is a possibility...**

All the camp activities will be tailored to your ability – we are not going to make you swim 10km on the first day if you not comfortable with it, maybe on the second day instead ;)

There will be plenty of opportunities to work on basics of swimming, technique, nutrition, and more.

Besides camp activities, you will have a great opportunity to explore one of the best islands on the Great Barrier Reef - kayaking, snorkelling, scuba diving sessions could be arranged with our good friends at **Keppel Dive**.

More information on the various swim courses are included in this booklet. The courses may be adjusted if needed and the swims may be cancelled if organisers feel that it is not safe for the participants.

## IMPORTANT!

The camp officially ends on Day 5 after lunch. If you would like to stay on the island longer, you must arrange your own accommodation.

Any questions, please contact us via email [hello@iswimhappy.com](mailto:hello@iswimhappy.com)





# Swim Courses



## GREAT KEPPEL ISLAND



~6KM SWIM

The Spit to \*Secret\* Beach for Lunch



~8KM SWIM

Long Beach to The Spit



5KM / 10KM SWIM

Around Middle Island







“

**Nothing beats time spent  
swimming at Keppel!  
The crew go out of their way  
to make your time there very  
well spent and magnificently  
memorable.**



**STUART DONNACHIE**

BRISBANE, QLD

*Open Water Adventurer*



# Where Are We?

## OUR LOCATION

Great Keppel Island lies slightly north of the Tropic of Capricorn, just 30 minutes by ferry from Yeppoon on the Southern Great Barrier Reef in Queensland, Australia.





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**Not only was I able to participate in a marathon swim in Queensland, but my family and I also had the opportunity to stay on a beautiful tropical island.**



**JOEP BUIJS**

BRISBANE, QLD

*Represented the Netherlands in the  
2000 Masters World Championships  
Solo 2020 Rottneest Channel Swimmer*



# Staying Here

## GREAT KEPPEL ISLAND HIDEAWAY

Warm Water Campers will enjoy beachfront accommodation at the Great Keppel Island Hideaway Island Cabins.

The Island Cabins are nestled amongst sub-tropical gardens and are just a stone's throw to the beach, main reception area and The Hideaway Bar & Bistro.

## CABIN AMENITIES

All cabins are ensuite, air-conditioned, and have a basic kitchenette space for self-catering which includes a full size fridge/freezer, toaster, kettle, microwave, and electric fry pan.

Each cabin has a queen bedroom & 2-4 single beds or bunks, dining table and chairs (or picnic table & chairs outside), and an outdoor paved/deck area.





# Dining Here

## GREAT KEPPEL ISLAND HIDEAWAY

Grab a coffee-to-go or sit back and enjoy a delicious meal at the Great Keppel Island Hideaway Bar & Bistro.

### DINE IN PARADISE

The Great Keppel Island Hideaway Bar & Bistro is open daily for breakfast, lunch & dinner, and offers uncomplicated menus\* reflecting the relaxed atmosphere of the island.

Relax and enjoy the magnificent tropical vista overlooking pure white sand and the crystal clear waters of Keppel Bay with a backdrop of national park islands and the mainland in the distance.

\*Menus are seasonal and subject to change

## LUNCH MENU

The Hideaway



**BEEF BURGER | \$22**  
PREMIUM BEEF PATTY, LETTUCE, TOMATO, RED ONION, DILL PICKLES SERVED ON A MILK ROLL WITH BBQ & AIOLI SAUCE | SERVED WITH CHIPS

**CHICKEN BURGER | \$22**  
CHICKEN SCHNITZEL, LETTUCE, TOMATO, RED ONION, DILL PICKLES SERVED ON A MILK ROLL WITH AIOLI SAUCE | SERVED WITH CHIPS

**VEGGIE BURGER | (V) | \$22**  
VEGGIE PATTY LETTUCE, TOMATO, RED ONION, DILL PICKLES SERVED ON A MILK ROLL WITH AIOLI SAUCE | SERVED WITH CHIPS

**STEAK SANDWICH | \$23**  
RIB FILLET STEAK, LETTUCE, TOMATO, RED ONION, DILL PICKLES SERVED ON TOASTED TURKISH BREAD WITH BBQ & AIOLI SAUCE | SERVED WITH CHIPS

**FISH TACOS | \$16**  
BATTERED WHITING FILLET ON A MINI NAAN BREAD WITH FRESH COLESLAW & CORN SALSA TOPPED WITH TARTARE SAUCE | ADD EXTRA TACO \$7

**BBQ CHICKEN WINGS | \$19**  
CHICKEN WINGETTES SERVED IN A SMOKEY BBQ WING SAUCE SERVED WITH CHIPS & A SIDE OF AIOLI SAUCE

**FISH & CHIPS | \$24**  
BEER BATTERED OR PAN FRIED REEF FISH SERVED WITH FRESH COLESLAW, CHIPS, TARTARE SAUCE & LEMON

**BACON \$5 | PORK BELLY \$5 | SALMON \$5 | TAVEL \$5 | MUSHROOMS \$3 | TOMATO \$2 | HASH BROWN \$3 | FETA \$2 | SPICY BEANS \$4 | GF TOAST \$3 | THICK CUT TOAST \$3 | HOUSEMADE TOMATO RELISH \$2**

**THAI CALAMARI | \$22**  
LIGHTLY DUSTED DEEP FRIED PINE NESTLED ON A CRISPY NOODLE \$7 GINGER & CORIANDER DRESSING

**CHICKEN CAESAR SALAD | \$24**  
FRESH COS LETTUCE, GRILLED & BOILED EGG TOPPED WITH PAR DRESSING

**GRILLED HALLOUMI SALAD | \$18**  
FRESH MESCLIN SALAD W/ CHERRY TOMATOES, RED OY BALSAMIC GLAZE

**GREEK SALAD | (V) | \$16**  
FRESH COS LETTUCE, FET SUNDRINED TOMATOES, RY BALSAMIC GLAZE

**POKE BOWL | \$20**  
A GENEROUS ASSORTY SALAD, SALAD GREEK OF PRAWNS, CHICKEN

**CHIPS & AIOLI | \$1**  
LOADED CHEESE & NATURAL OYSTER CHEESE PLATE |

**BACON \$5 | GRILL PORK BELLY \$5 | HOME MADE RE**

**RUMP STEAK 250G | (GF) | \$36**  
CHAR GRILLED RUMP STEAK COOKED TO YOUR LIKING MUSHROOM | GRAVY | PEPPERCORN | GARLIC BUTTER | ADD PRAWN TOPPER \$8

## DINNER MENU

The Hideaway



### GRILL

ALL MEALS OFF THE GRILL HAVE THE CHOICE TO BE SERVED WITH HOUSEMADE POTATOES & SEASONAL VEGETABLES OR CHIPS & SALAD

**BARRAMUNDI | (GF) | \$31**  
GRILLED BARRAMUNDI SERVED WITH FRESH LEMON & TARTARE SAUCE

**SALMON | (GF) | \$31**  
PAN FRIED SALMON SERVED WITH FRESH LEMON & TARTARE SAUCE

**CHICKEN PARMY | \$34**  
CRUMBED CHICKEN BREAST FILLET TOPPED WITH BASIL TOMATO SAUCE, HAM & OVEN BAKED WITH PARMESAN & MOZZARELLA TOPPING

**BBQ PORK RIBS | \$32**  
SLOW COOKED BBQ BRAISED PORK RIBS COATED IN HOUSEMADE SMOKEY BBQ SAUCE

**ASIAN PORK BELLY | \$30**  
PORK BELLY BRAISED IN AN ASIAN MASTER STOCK THEN PAN FRIED TOPPED WITH AN ASIAN SAUCE

**SIRLOIN STEAK 300G | (GF) | \$45**  
CHAR GRILL SIRLOIN STEAK COOKED TO YOUR LIKING MUSHROOM | GRAVY | PEPPERCORN | GARLIC BUTTER | ADD PRAWN TOPPER \$8

**SUMMER VEGETABLE PASTA | \$26**  
PAN SEARED MUSHROOMS, GARLIC, CHERRY TOMATOES, BROCCOLINI FINISHED WITH EXTRA VIRGIN OLIVE OIL & PARMESAN CHEESE

**WILD MUSHROOM RISOTTO | (V) | \$26**  
SELECTION OF SEASONAL MUSHROOMS, GARLIC WHITE WINE ARBORIO RICE, FINISHED WITH PARMESAN CHEESE

**SPAGHETTI SEAFOOD MARINARA | \$34**  
PRAWNS, SCALLOPS, MUSSELS & CALAMARI PAN SEARED AND TOSSED IN A NAPOLI WHITE WINE GARLIC SAUCE

**NEPALESE CURRY | \$32**  
TRADITIONAL HOUSE MADE NEPALESE DISH WITH LENTILS, CHICKEN CURRY, VEGETABLE CURRY, SAFFRON BASMATI RICE & SIDE SALAD  
VEGETARIAN OPTION AVAILABLE TO SUBSTITUTE CHICKEN DISH FOR EXTRA VEGETARIAN CURRY



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**The island atmosphere and location of this swim should place it on the top of swim destinations, from the beginner to the advanced swimmer.**



**GARY TONER**

BRISBANE, QLD

*Executive Officer of Swim Australia  
Australian Swim Coaches & Australian Marathon  
Swimming Hall of Fame Honouree*





## Keppel Islands Swimming Association

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### THANK YOU TO OUR SPONSORS

