

TNYA

San Juan, Puerto Rico Training Camp 2026

WHEN:

Sunday, March 22 to Saturday, March 28, 2026

WHERE:

San Juan, Puerto Rico!

The official camp hotel is the **Condado Palm Inn** (55 Condado Ave, San Juan, Puerto Rico 00907).

Two-way transportation will be arranged for every workout, departing from Palm Inn.



WHAT:

LGBTQ+ Swim Camp is an opportunity to spend a week developing your swimming skills and endurance in a fun, welcoming, and social setting with a bunch of LGBTQ+ swimmers and allies in Puerto Rico. You can [register now!](#)

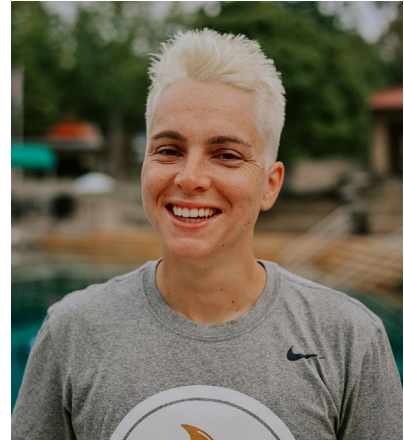
Camp starts on a Sunday, March 22nd with a 2-hour “warm-up” and calibration workout. Over the next six days, we hold two 2 -hour workouts per day, one in the morning and another in the afternoon, led by our team of four experienced coaches . Though most of our practices will be in a short -course pool, we always do our best to incorporate long -course and open water swimming. The morning workouts are aerobic; the afternoon workouts are divided between a specific clinic (one for each of the four strokes, plus starts/turns) and a themed workout for those who would prefer to just do another swim. In the past, camp has incorporate d dry land and stretching exercises.

Campers will get Wednesday afternoon off to relax , enjoy a tour of San Juan or engage in a team activity. Breakfast will be provided at the Condado Palm Inn every day before morning practice, and d inner will be provided after afternoon practice at the pool other than Wednesday and Friday. Dietary restrictions can be acclimated upon request. And there will be plenty of social activities throughout the week!

Campers may attend as many or as few workouts or events as they please, and do not need to register in advance for specific workouts or activities.

OUR COACHES

Abbie Fish (they/them) will be serving as **Head Coach** of the 2026 TNYA Swim Camp. Abbie is the founder and head coach of [Swim Like A. Fish](#), a global swim education company dedicated to helping swimmers of all levels refine their technique and rediscover their love for the water. A six-time U.S. Olympic Trials qualifier and former NCAA and SEC finalist, Abbie brings over 25 years of competitive experience and more than 15 years of coaching expertise to the pool deck.



They currently serve as **Head Coach of The Future Wave Program in Africa for World Aquatics**, while also consulting for **Swimming Singapore** and creating educational content for **USA Swimming**. In addition to their international work, Abbie coaches with **Lakeside Masters** and **Triton Swimming of Louisville**, blending elite-level knowledge with a deep passion for masters swimming. Abbie's coaching philosophy is rooted in biomechanics, inclusivity, and joy. They are passionate about creating welcoming, affirming spaces where anyone can reconnect with the water, build confidence, and celebrate progress at every level.

Jody Riskowski (she/her) will be serving as an assistant coach of Swim Camp. Jody is the **Head Coach of Iowa Central Community College** swimming program. In addition to being a standout swimmer at the University of Wyoming, she brings an impressive array of experience with swimmers across a wide range of experiences. Jody has coached across various collegiate programs in the U.S. and Scotland since 2003



Jody's leadership and organizational management extends beyond the pool. Her impressive academic as a biomechanist allows her to incorporate as much science and "why" into helping athletes transition from "do it this way" to "this is why we do what we do" in order to build autonomous swimmers.

OUR COACHES

Jenn Leyva (she/her) has swimming in her blood—her mom was doing flip turns while pregnant until her due date. Jenn swam competitively as an age group swimmer, developing her love for butterfly, long distance freestyle and light blue gatorade. After rage quitting in high school, she returned to the water as a dedicated member of TNYA for almost a decade. Her coaching approach is strongly influenced by her background as a former NYC public school teacher, using a strength based approach with clear incremental instruction. As a queer fat femme, Jenn believes the water belongs to everyone and is committed to fostering an inclusive, supportive environment. Jenn has become an avid long-distance open water swimmer and can be found at Brighton Beach throughout the warmer months.



A lifelong swimmer, **Warren Perry (he/him)** competed for the University of North Carolina at Chapel Hill before coaching at East Carolina and Duke. He led the aquatics program at Convent of the Sacred Heart in New York City from 2013 to 2024, where his teams won ten conference titles and three state championships. A proud TNYA alum, Warren has been both coach and Board President, helping host the 2019 IGLA World Pride meet. His favorite TNYA moment was marching down Fifth Avenue in his Speedo for Pride! Warren now serves as the Director of Athletics at Newton Country Day School in Boston.



WHO CAN ATTEND CAMP

Anyone who is over the age of 20 may attend. **USMS membership is not required** ; neither is TNYA membership. Members of other LGBTQ+ masters teams and masters swimmers anywhere in the world are very welcome. And of course you do not need to be LGBTQ+ to participate; we welcome allies!

Camp attendance is capped at **70** in order to preserve a low coach to camper ratio; slots are strictly first-come, first-serve. [Register now to avoid disappointment!](#)



Camp caters to all levels of swimming experience, from relative beginners to World Masters competitors. We ask that all campers be able to comfortably swim 100 yards freestyle non-stop in a 25 yard pool in under 2:30, rest for ten seconds and repeat; if you can do that, you will be able to enjoy Camp. All registrants will be asked for their individual goals upon registration, and our coaches will adapt our programs to best ensure everyone has a rich and fulfilling experience.

Although geared towards swimmers, this camp provides valuable training for all aquatics athletes, including triathletes!

WHERE TO STAY

This year's Camp host hotel is [Condado Palm Inn San Juan, Tapestry Collection by Hilton](#). The hotel is a less than 3 minute walk to the beach, and walking distance from restaurants, bars and convenience stores. We encourage you to reserve a room directly through their website.

If you choose not to stay at Condado Palm Inn, we recommend staying at a hotel or Airbnb nearby so you can take advantage of the breakfast and chartered buses included in your registration.

Breakfast for all campers will be served at Condado Palm Inn every morning before practice. Chartered buses will be arranged to pick up from and drop off at Condado Palm Inn for every scheduled workout.

For those who may need support in finding other campers to share accommodations with, we will provide a spreadsheet for campers to connect with each other.

Please be aware that the end of March is peak season, so we urge you to book accommodation in advance as hotels and Airbnbs may already be rapidly filling up and experiencing increases in price.

COST

Camp has a single registration fee of **\$549**, or an Early Bird discounted fee of **\$499** for those who register before January 15, 2026. The registration fee covers **all workouts** , **all clinics** , **all coaching** , **transportation** between the pool and host hotel, **breakfast every day** , and **dinner all nights** except Wednesday and Friday nights, plus a jaunty themed swim cap.

Prices are fully inclusive of tax and service charges. We regret that we cannot offer partial registration fees.

Accommodation and flights to Puerto Rico are not included in the registration fee. Please see the Where To Stay section for lodging suggestions.

REGISTRATION

Registration is [via Zeffy](#). Credit card fees are optional when you use Zeffy; to reduce them to \$0, simply select “Other” and insert \$0 when you get to checkout.

The registration deadline is **March 1, 2026** . This is also the refund deadline. Campers will receive a full refund if they cancel on or before February 15, and a 50% refund from February 15 to March 1. After March 1, we cannot offer any refunds unless you find someone else to take your place.



GETTING TO AND FROM CAMP

We recommend arriving in San Juan on **Saturday, March 21** . The first official camp event will be our calibration workout the afternoon of **Sunday, March 22** . Camp check-in will be at the Condado Palm Inn hotel before buses depart from the hotel for the first workout. The last workout will be held on **Saturday, March 28** mid-afternoon, allowing for campers to catch an afternoon or evening flight to go back home.

Although you are responsible for your own transportation to/from the airport upon arrival and departure from Puerto Rico, campers in past years have shared rides.



WHAT TO BRING

In addition to **tinted goggles** (important for safety owing to outdoor pool glare) and **UV-resistant swimwear**, a **towel**, and a **water bottle** , we recommend that all campers bring their own **kickboard** , **pull buoy** , **paddles** , **flippers** , and **snorkel** to get the most out of the planned workout activities. Please note the pools we will be using do not provide equipment; each camper must bring their own.



HEALTH AND SAFETY

TNYA has designated several members to serve as Athlete Safety Officers for the week. Late March in Puerto Rico usually promises warm weather, and we will brief everyone on sensible precautions to take when swimming outdoors in tropical weather (short version: drink lots of water, apply lots of sunscreen, and *moisturize*, darlings).

We strongly recommend members purchase and use tinted goggles . The pool is outdoors and the glare will damage your eyes without protection.

All campers will be required to agree to the [TNYA Code of Conduct](#), which contains nothing that should surprise anyone who has had to take an Acceptable Conduct in the Workplace training in the last 15 years. The Camp is intended to be a safe space for all campers of all identities. If you have any questions about safety, please don't hesitate to reach out to safety@tnya.org.

CHILDCARE AND PETS

We regret that under the terms of our insurance policies, we cannot have children on the pool deck or in the pool during workouts and are unable to provide childcare or supervision. Campers with children will need to make their own arrangements for off-site childcare.

Insofar as you do not consider your pets to be your children, pets are also not allowed on the pool deck or in the pool.

ORGANIZERS

LGBTQ+ Swim Camp is brought to you by [Team New York Aquatics](#), New York City's LGBTQ+ masters aquatics team. For over 30 years, TNYA has provided a safe and welcoming space for LGBTQ+ New Yorkers and their allies to pursue their physical and social wellbeing through aquatic sports. We believe that aquatic sports are for everyone, and are proud to offer this program to both our own members and other LGBTQ+ and allied masters swimmers.



QUESTIONS?

If you have any questions about any aspect of Camp, please feel free to email camp@tnya.org, where operators are standing by to take your email!