

FAMILY TRIATHLON HOLIDAYS

2020

Have a fabulous holiday while the kids train with Olympic swimmers and international triathletes.

BEST SWIM CENTRE
Pure Swimming

- Colònia Sant Jordi - Mallorca -



info@BESTswimCentre.com / www.bestswimcentre.com

INDEX

FAMILY TRIATHLON HOLIDAYS

Presentation	3
Facilities	4
The pool	4
The gym	4
Location	5
Beaches	5
Getting Here	6
Address	6
Cost	7
Dates 2020	7
What to bring	7
Additional Information	8

Accommodation	9
Blau Club Colonia Resort & Spa	10
Isla Cabrera Apartments	11
Hotel Romántica	12
Sur Mallorca	13
Prices	14
Tourix Tax	15
Testimonials	16
Profiles	17
Frequently Asked Questions	19
FTH Booking Conditions	21

Click on any of the titles to go directly to the selected page.



BEST SWIM CENTRE
Pure Swimming

PRESENTATION

After 14 years of successful *Family Swim Holidays*, we are proud to announce our **2020 *Family Triathlon Holidays***.

The *Family Triathlon Holidays* 2020 will take place at the fabulous world renowned BEST Centre, in the beautiful town of Colònia Sant Jordi, on the southern tip of Mallorca where you will stay just minutes from some of Europe's most stunning beaches.

The triathlon holiday is designed for triathletes aged 12-18 years old who are used to training regularly with a triathlon team (please email us if you have any questions - pamela@bestswimcentre.eu).

The holiday will cater for all levels of triathletes.



BEST SWIM CENTRE
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FACILITIES

The Pool

The centrepiece of the BEST Centre is our outdoor Olympic-sized training pool. The 10 lane, 50m pool (50m x 25m x 2m) is a free-standing pool from Astra, who supply the competition pools for the FINA world championships.



The Gym

We know that a well equipped gym is essential for a successful training camp, so we have an on-site gym fully equipped and dedicated to swimming. We also have two large areas suitable for land work, and plenty of space around the pool for stretching.

Our state of the art facilities at the *BEST Centre* attract individuals and teams from across the world. More specifically, we have welcomed 1000s of different swimming, water polo, triathlon and synchronised swimming teams from 38 countries worldwide. The combination of our facilities and the peacefulness of Colònia make for the perfect training camp - good enough for the very BEST!



This is just a short list of **top athletes** who have chosen the *BEST Centre* for their training camps, visit [our website](#) for more information and interviews with your favourite athletes.

We believe the inspirational atmosphere created at the *BEST Centre* makes it the perfect place for a training camp. Why not book today and come and join the *BEST Centre Family*.

- **Ian Thorpe**, 5 time Olympic Gold medalist. World and Commonwealth Champion.
- **Florent Manaudou**, Olympic and World Champion
- **James Guy**, Olympic medalist and World Champion.
- **Andreas Raelert**, European Ironman Champion.
- **Sandra Wallenhorst**, European Ironman Champion.
- **Liam Tancock**, World and Commonwealth champion.
- **Sarah Sjostrom**, Olympic, World and European Champion.
- **Ranomi Kromowidjojo**, Olympic and World Champion.
- **Mireia Belmonte**, Olympic, World and European Champion.
- **Ellie Simmonds**, Paralympic and World Champion.



BEST SWIM CENTRE
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Es Trenc and Es Estanys

Are the beaches on the west side of the town. *Es Estanys* is the area of beach closest to the town, and then *Es Trenc* stretches for 3000m of natural beauty. It is one of the few areas on the island to find sand dunes. In 1984 *Es Trenc* was declared a "Special Interest Natural Area".

There are bars at either end of the beach and sunbeds and umbrellas are available, although in limited numbers. There is a beach cafe and facilities on *Es Estanys*.

Es Dolç and Es Carbó

Are the beaches on the east of the town. *Es Dolç* is the area of beach closer to the port with *Es Carbó* a little further round the headland.

While *Es Trenc* is the most famous of the island's beaches, *Es Carbó* and *Ses Roquetes* are preferred by those in the know. A 20 minute walk from *Es Dolç* will bring you to 1300m of virgin, 'S' shaped beach. If you don't fancy the walk, there are boats to hire to take you to the beaches. There are no beach cafes here, just sand and solitude.



LOCATION

The BEST Centre is located in the south-east corner of Mallorca, in one of the islands most beautiful towns: Colònia Sant Jordi. It boasts some of the best beaches in Europe. It is a great place for strolling, cycling, fishing and kayaking, as well as numerous other outdoor activities. We will include plenty of fun activities away from the pool to make this a really memorable holiday.

Colònia Sant Jordi is where the locals and those in the know take their holidays and weekends away. The small town of Colònia Sant Jordi, nestling in the south east corner of the island in the municipality

of Ses Salinas, is renowned for its golden sand, crystal water and peaceful setting. Surrounded entirely by national park the town opens out onto some of the best beaches in the mediterranean. This is an amazing location to be!

Colònia Sant Jordi has everything you need to make your camp a success. The town is neither too large nor too small, and a short walk from the training centre you will find plenty of cafes, bars and restaurants, among them, according to the national press, the best paella not just on the island but in all of Spain!

BEACHES

The stunning beaches on this part of the island have made Colònia Sant Jordi the most famous destination in the Balearic Islands. *Es Trenc*, on the west side of the town is the most well known of all the beaches in Mallorca because of its miles of golden sand, crystal clear water and

national parkland behind. The beach of *Es Trenc*, the coastal area around Colònia Sant Jordi and the island of *Cabrera*, renowned for its marine tourism, form what has been called the 'magical triangle' of the Balearics, because of its beauty and tranquility.



GETTING HERE

Transfers to and from the airport/hotel are not included in the price. However, the BEST Centre, out of the kindness of its heart, will organise a limited number of bus transfers on the FAMILY TRIATHLON HOLIDAY ARRIVAL AND DEPARTURE DAY (Please note, these are the dates of the Family Triathlon Holiday not necessarily your holiday dates if you are arriving days earlier or staying days later). The times of these buses will be forwarded to everyone attending the camp roughly 2 weeks in advance of arrival.

Please note that while we will do our best to organise the transfers to benefit as many families as we can, we can't do transfers for everyone. If your arrival time does not coincide with our free transfers, we are happy to book a transfer for you at an extra cost.

If booking a transfer through us, the prices are as follows:

- 1-4 people - 60 euros one-way.
- 5-7 people - 110 euros one-way.
- If you are a family of 8 or more people, please contact us for the price of a transfer.

There is also the option of car hire at the airport. Here are directions to get to the BEST Centre if you chose this option:

1. Exit the airport following signs to Playa de Palma. This will take you over the motorway and loop you round so you are heading east on the Ma-19 towards Lluçmajor.
2. As you approach Lluçmajor, stay on the Ma-19 and follow the signs to Campos.
3. As you enter Campos you will pick up signs to Colònia Sant Jordi and you will veer towards the right, past an Eroski supermarket (which is on your left) and around the south side of Campos, following signs to Colònia Sant Jordi.
4. The signs will take you to a petrol station as you enter Colònia Sant Jordi. Keep going straight on, passing the petrol station on your left, until you reach the hotel Isla Cabrera after 100 m or so. Take the right hand turn after the hotel, Calle de Rода and this will take you to the BEST Centre.



ADDRESS

BEST Centre

Carrer Rода, 35.
07638 - Colònia de Sant Jordi.
Mallorca.



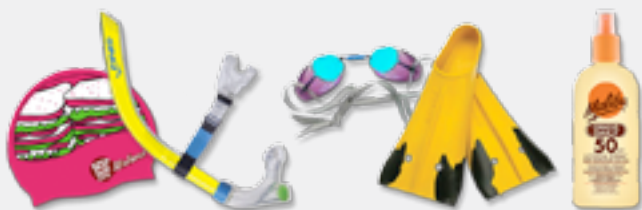
DATES 2020

- » July, 19th - 26th _____ (7 days).
- » July, 26th - August 2nd _____ (7 days).

WHAT TO BRING

All triathletes will need to bring your running shoes, shorts and a T-shirt. Bring a Tri top if you have one. Bring your own bike or you can rent one from our partners Team DoubleJ.

Bring Fins and snorkel, either bring your own if you have it, or please order your kit from us and it will be waiting for you on your arrival. We recommend and sell Finis Zoomers or Z2, and Finis snorkels.



We have plenty of kick boards and pull buoys so there is no need to bring them. Bring your goggles (we have a range of mirrored and tinted goggles for sale at the pool), swimsuits, caps and plenty of waterproof, high protection sunscreen at FACTOR 50.

Book Your Family TRIATHLON Holiday

To book your place on the Family TRIATHLON Holiday, please complete the form you will [find here](#).

COST

The costs for this family holiday are detailed below (click on any of the dates on the right to go directly to the prices for each week) and include 7 nights of half-board accommodation at the hotel, coaching and pool fees.

A 150 euros per person deposit confirms your place on the camp, with the balance due 6 weeks prior to the holiday start date. Upon receipt of the booking request, participants will receive confirmation of their place in the camp. Once we receive your deposit, additional information will be sent to you concerning the camp. The BEST Centre reserves the right to change the hotel and training times in case of unforeseen circumstances.

WHAT'S INCLUDED

Sessions : The 9 x 2 hour sessions are specially designed for triathletes of all levels who are 12-18 years of age. The sessions will include technique and drills on all the three disciplines as well as dry land exercises.

WHAT'S INCLUDED	TRIATHLETE	NON-TRIATHLETE (under 16)	ADULT (16 and over)
9x2 hours of training sessions	✓	---	---
Swim, bike and run training	✓	---	---
7 nights, half board accommodation	✓	✓	✓
On-site rep	✓	✓	✓
Table Tennis tournament	✓	✓	✓
5-side Football tournament	✓	✓	✓
The now famous BEST Centre Biathlon	✓	---	---
The Parents' BEST Centre Biathlon	---	---	✓
Dedicated parents' lane while kids are training and use of gym	---	---	✓
BEST Centre T-Shirt	✓	✓	---
BEST Centre cap	✓	✓	---
BEST Centre Certificate	✓	---	---
Closing night award ceremony and talent show!	✓	✓	✓

Note: A non-triathlete child is aged 15 or under.

ADDITIONAL INFORMATION

DISCOUNTS: If you are a family of 5 or more people, the first four people pay the usual price, and each person after that receives a 5% discount off the lowest priced person in the family, i.e. a family of 5 will receive a 5 percent discount off a non-triathlete child or an adult. (Note: A non triathlete child is aged 16 or under).

1-2-1s: During the holiday we can organise 1-2-1 sessions of 30 or 60 minutes with individual triathletes. As time is very limited during the week, it is best to book these in advance to avoid disappointment. Please note we do not offer 1:2:1 sessions on the arrival or departure days of our holiday dates. Cost for 30 minute session is 35 euros and 60 minutes is 50 euros. Exact times of 1-2-1s will be confirmed upon arrival. Please email Pamela (pamela@bestswimcentre.com) to book a 1-2-1.

CANCELLATIONS: Any cancellations up to March 6th 2020 will incur a 30 percent loss of deposit. Cancellations after April 6th 2020 will incur a 100 percent loss of deposit.

ADDITIONAL HOLIDAYS: If you book two or more holidays you will receive a 5 percent discount on the cost of your second holiday.

INSURANCE: Please ensure you read our booking conditions and make sure you always have travel insurance in case of cancellations that have nothing to do with BlueWater Sport and Travel SL.

Book Your Family TRIATHLON Holiday Now!

To book your place on the Family TRIATHLON Holiday, please complete the form you will find here.



BEST SWIM CENTRE
Pure Swimming

Check out what **Family Swim Holidays** are about on this short video:



Click on the image to go to the video on YouTube

And the **Family Swim Holidays** Gallery





ACCOMMODATION

We have a choice of four great family hotels that will suit everyone. The hotels all have their own outdoor pools, relaxation areas and a terrific buffet breakfast and dinner. All hotels offer half-board stay. The *Hotel Romantica* and *Sur Mallorca* also offer an all-inclusive option at an additional cost, please contact us for the price.

Within each hotel we are able to request room views, certain blocks and room numbers. Please note this all depends on hotel availability so it may not always be possible you receive what you asked for. Please see below for a short description of each hotel. Clicking on the name of each will allow you to view further information on your hotel of interest.

You are required to pay a tourist tax on arrival at the hotel, please see *page 17* for all information and prices.

Blau - (www.blauhotels.com)

Club Colonia Blau Resort and Spa is a 4-star hotel, situated under 300m away from the *BEST Centre*, making it the closest hotel to the pool. As the Blau is a resort, it has everything you need for a perfect holiday in one place. With numerous pools, sports facilities, a luxurious spa, and the Blaudi children's club, the Blau is a great choice to satisfy the needs of all the family.

Sur - (www.thbhotels.com)

Hotel THB Class Sur Mallorca is a 4-star hotel, ten minutes walk away from the *BEST Centre*. The hotel is situated on the edge of the boardwalk which surrounds the town, the close proximity to the Mediterranean Sea therefore makes the views especially picturesque. These views surround the modern semi-Olympic sized pool which lies on their terrace.

Romántica - (www.hotelromantica.com)

Universal Hotel Romantica is a 3-star hotel, under 10 minutes walk from the *Best Centre*. As this hotel is situated on the boardwalk, it has extraordinary views of the Mediterranean Sea, along with beautiful views of the town. With two outdoor pools including one children's fun pool, and a sunbathing area on the sea front, the *Romantica hotel* is suitable for all the family.

Isla Cabrera Apartments (www.hotelislacabrera.com)

The *Isla Cabrera* is a 4-star aparthotel, located under 10 minutes walk from the *BEST Centre*, and just 100 metres from the port. This is the ideal spot for families with children who are looking for a quiet, relaxed atmosphere. It is situated near the centre of Colonia Sant Jordi, just 100 meters from the port.

BLAU CLUB COLONIA RESORT & SPA ****

The Blau offer the following room types:

- Single - a standard room with a bathroom.
- Twin - a standard room with a bathroom.
- Triple - a twin room with an extra bed and bathroom.
- Junior suite - has a bedroom, bathroom and separate living area with a sofa bed.

These rooms can sleep up to 4 people. There is a supplement charge if less than 4 people stay in this type of room. The cost of these can be seen on the prices page below.

The Blau do not offer interconnecting rooms. We can request that your rooms are close together but please note this all depends on hotel availability.

Each room includes the following:

- Free WiFi.
- Air conditioning / heating, and ceiling fan.
- Balcony.
- Safe.
- Satellite TV.
- Mini bar.
- Telephone.
- Hair dryer.

The Club Colonia Blau hotel offer the following facilities and services:

- Free WiFi across the entire resort.
- 1 buffet restaurant and 1 pizzeria restaurant.
- 2 bars and 1 pool bar.
- 2 outdoor pools, 1 indoor pool, 1 children's pool and play zone.
- Pool towels (with deposit).
- Gym and Spa.

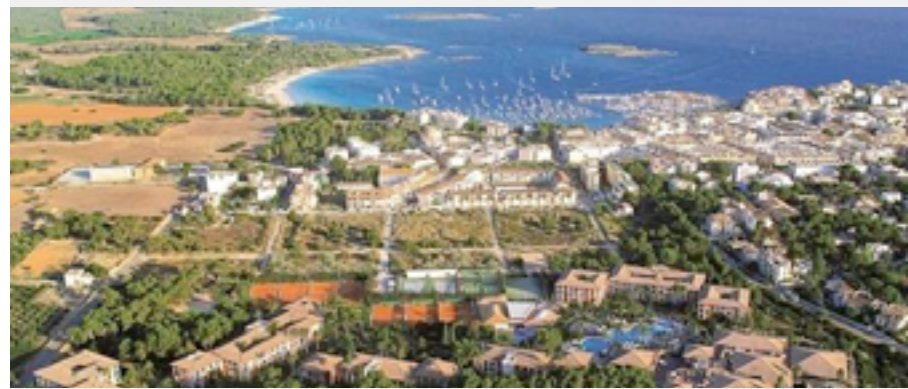
- Animation and activities during day and night, including live music and shows.

- Blaudi kids club.
- Free shuttle to the beach.
- Medical service.
- Late check-out (additional charge and to be requested at the hotel reception).

Additional sports facilities include:

- 7 clay tennis courts.
- Multi-purpose court for volleyball and 5 a side football.
- Aerobics, gymnastics and aqua aerobics with instructor.
- Bowls, darts, archery and shooting
- Table tennis.
- Fitness room with modern equipment and spinning facilities.

www.blauhotels.com





ISLA CABRERA APARTMENTS ****

Apartments - has one bedroom, a bathroom, a fully equipped kitchen and living area with two sofa beds. These rooms can sleep up to 4 people. There is a supplement charge if less than 4 people stay in this type of room. The cost of these can be seen on the prices page.

The *Isla Cabrera* do not offer interconnecting rooms. We can request that your rooms are close together but please note this all depends on hotel availability.

Each room includes the following:

- Free Wifi.
- Air conditioning.
- Safe (additional charge).
- Terrace.
- Satellite TV.
- Fridge and microwave.
- Telephone.
- Hairdryer.

The *Isla Cabrera* apartments offer the following facilities and services:

- Free WiFi across the entire hotel.
- Buffet with open kitchen, outdoor terrace and show cooking.
- Gala dinner and themed buffet once a week.
- 3 pools, two with a children's area and one with a jacuzzi and wave area.
- Spa and wellness centre.
- Playground and mini club for children aged 2 to 12 and mini disco.
- Billiards, table tennis, paddle tennis, bicycle rental.
- An evening dance with live music twice a week.
- Free walking tours around Colonia Sant Jordi.
- Late check-out (additional charge and to be requested at the hotel reception).

www.hotelislacabrera.com

HOTEL ROMANTICA ***

The *Romantica* offer the following room types:

- Single - a standard room with a bathroom.
- Twin - a standard room with a bathroom.
- Triple - a twin room with an extra bed and bathroom.

The *Romantica* do offer interconnecting rooms as well as taking note of requests for rooms close together. Please note both of these options all depend on hotel availability.

Each room types includes the following:

- Free WiFi.
- Air conditioning.
- Safe (additional charge).
- Balcony.
- Satellite TV.
- Mini-fridge on request (additional charge).
- Telephone.
- Hairdryer.
- WiFi across the entire hotel (additional charge).
- Internet corner (additional charge).
- Buffet restaurant.
- 2 outdoor pools, one of which is a splash pool.
- Pool towels (additional charge).
- Evening entertainment.
- Kids club.
- Medical service.
- Laundry service (additional charge).
- Currency exchange.
- Late check-out (additional charge and to be requested at the hotel reception).

The *Hotel Romantica* offer the following facilities and services:

- All-inclusive option (additional cost).



www.hotelromantica.com

SUR MALLORCA HOTEL ****



The *Sur* offer the following room types:

- Single - a standard room with a bathroom.
- Twin - a standard room with a bathroom.
- Triple – a twin room with an extra bed and bathroom.

The *Sur* offer interconnecting rooms, these types of rooms have a supplement charge. If you wish to book interconnecting rooms please check the price with us. Alternatively if you would prefer your rooms are close together we can request this but please note this all depends on hotel availability.

Each room includes the following:

- Free WiFi.
- Air conditioning.
- Safe (additional charge).
- Balcony.
- Flat-screen TV.
- Fridge.
- Telephone.
- Hairdryer.

The *Hotel Sur* offer the following facilities and services:

- All-inclusive option (additional charge).
- Free WiFi across the entire hotel.
- Buffet restaurant, outdoor buffet.
- Cocktail bar.
- Modern semi-Olympic pool.
- Pool towels (with deposit).
- Massage room.
- Late check-out (additional charge and to be requested at the hotel reception).

www.thbhotels.com



PRICES

The first day is arrival day and the last day is departure day.

7 days FTH July 19 th to 26 th 2020 / July 26 th to August 2 nd 2020			
PRICES	TRIATHLETE	NON-TRIATHLETE (under 16)	ADULT (16 and over)
BLAU CLUB COLONIA HOTEL	850€	750€	810€
Early booking before Dec 31st	820€	720€	780€
HOTEL SUR MALLORCA	760€	660€	720€
Early booking before Dec 31st	730€	630€	690€
HOTEL ROMANTICA	700€	600€	660€
Early booking before Dec 31st	670€	570€	630€
ISLA CABRERA APARTMENTS	800€	700€	760€
Early booking before Dec 31st	770€	670€	730€

*Early booking prices for deposits received before Dec 31st 2019.

Book Your Family TRIATHLON Holiday Now!

To book your place on the Family TRIATHLON Holiday, please complete the form you will find here.



BEST SWIM CENTRE
Pure Swimming

YOU ARE WELCOME TO STAY EXTRA NIGHTS BEFORE OR AFTER THE HOLIDAY.

EXTRA NIGHT PRICES	BLAU CLUB COLONIA H.*	HOTEL ROMÁNTICA*	HOTEL SUR MALLORCA*
2 people in a twin half board	93 euros*	66 euros*	79 euros*
2 people in a Junior Suite half board	110 euros*	---	---
3 people in a triple half board	90 euros*	62 euros*	76 euros*
3 people in a Junior Suite half board	106 euros*	---	---
4 people in 2 x twins half board	93 euros*	---	---
4 people in a Junior Suite half board	103 euros*	---	---
ISLA CABRERA APARTMENTS*			
2 people in an apartment	106 euros*		
3 people in an apartment	88 euros*		
4 people in an apartment	82 euros*		

ROOMING ALLOCATIONS AND SUPPLEMENTS		
BLAU CLUB COLONIA HOTEL*		
Family of 2	A twin room. Or alternatively a Junior Suite (bedroom and living room with bed) for an additional supplement of	21 euros*
Family of 3	3rd bed in a large twin room (triple room). Or alternatively a Junior Suite (bedroom and living room with bed) for a supplement of	46 euros per ROOM per night
Family of 4	2 twin rooms or a Junior Suite (no supplement and recommended for younger children).	---
Family of 5	Triple and a twin room.	---
Family of 6	2 triple room.	---
Family of 7	2 Junior Suites.	---
ISLA CABRERA APARTMENTS*		
Family of 4 in an apartment		no supplement
Family of 3 in an apartment		30 euros*
Family of 2 in an apartment		36 euros*

*Prices are in euros per person per night.



TOURIST TAX

As you may already know, the Balearic Parliament has recently passed Law 2/2016 on the Taxation of Tourist Accommodation on the Balearic Islands, which started 1st July 2016. This tax will be applied to anyone staying in a tourist accommodation located on the Balearic Islands.

The tax will range between 50 cents and 2 Euros per person per day/part of a day, plus 10% VAT, depending on the type and category of accommodation, as listed below:

Types of tourist accommodation	€ / day or part of a day (*plus 10% VAT)
5-star, 5-star luxury and 4-star superior hotels, city hotels and aparthotels	€ 2
4-star and 3-star superior hotels, city hotels and aparthotels	€ 1.50
1, 2 and 3-star hotels, city hotels and aparthotels	€ 1
4-key and 4-key superior tourist apartments	€ 2
3-key superior tourist apartments	€ 1.50
1, 2 and 3-key tourist apartments	€ 1
Non-residential accommodation establishments of tourism-residential companies	€ 2
Tourist holiday homes and homes subject to tourist stay marketing	€ 1
Rural hotels, agrotourisms and interior tourism accommodation	€ 1
Hostels, pensions, inns and camping sites	€ 0.50
Lodges and refuges	€ 0.50
Any other establishment of a "tourist character"	€ 1
Tourist cruise ships	€ 1

During low season (between 1st November and 30th April of the following year) the tax will be discounted by 50%. In addition, after nine days of any stay, the rate will also be cut by 50%. Children under the age of 16 are exempt from paying the tax.

Therefore, any natural person (over the age of 16) staying in a tourist accommodation on the Balearic Islands is obliged to pay the before mentioned tax to the owner of the establishment where he/she is staying.

As a mediator, you bear the subsidiary responsibility for paying the tax and, consequently, you are entitled to act as a representative of taxpayers in that respect. Therefore, we suggest that you read article 7 of Law 2/2016 on the Taxation of Tourist Accommodation on the Balearic Islands, a copy of which is enclosed herewith.

Furthermore, considering the large amount of questions that you might have regarding the new tourist tax on the Balearic Islands, we hereby provide you with the contact details of the Balearic Tax Agency: 901 201 530 / www.atib.es

**Please note this tax may change in the near future as per Balearic Government laws.*

TESTIMONIALS



BEST SWIM CENTRE
Pure Swimming

"I didn't recognize my son from across the pool because his freestyle was so much better!"

King family.

"Have had a brilliant time. The only complaint is that we didn't know about it before now."

Jones family.

"We'll be back in 2018! (and granny will be back too)."

Marx family.

"Whilst this is a five-star holiday, training was fun, hard work, and great preparation for the new season."

Hewitt family.

"Excellent – would come back in a flash!"

Easton/Lawrence family.

"Our fifth year at the Family Swim Holidays has been great for all three of us, like the other years. It is nice to see that the centre manages well the mix of swim levels (kids at National Championship level and kids who only swim 2 or 3 times a week)."

Banguero Von Birgelen family.

"Another great year! Toma loves everything about it."

Saha family.

"Our best holiday ever."

McNamara Family.

"Fantastic, Super and wonderful. My daughter Ava is already asking can we come back next year. Definitely worth every penny spent!"

Roberson family.

"Happy children and happy wife therefore happy life! We'll be back."

James family.

"The girls come back for good quality coaching, and Matthew and Charlotte are the best they have ever had. Structured sessions with great progression and constructive feedback."

Norman family.

"SUPERB – the kids enjoyed new drills even after eleven billion hours of training at home."

Littlefield family.

"Isis simply loves it here! Again huge thank you – you have simply thought of everything for the kids to swim competitively and for them to make lasting friendships."

Ciurleo family.

"The worst part of this every year is going back to coaches who simply aren't anything like as good as here!"

Andrews family.

"Fabulous again. * * * * FIVE STARS."

Robertson family.



PROFILES

What is as or more important to us at the *BEST Centre* than a child excelling at their sport is trying to help make great people, make great friends and make great futures. We are extremely proud of so many youngsters who have come out to the *BEST Centre* who still stay in touch and have grown up to become incredible young adults.



RACHEL BULL

Number of years on BEST Family Swim Holidays: Five years, starting from the age of thirteen. Also worked at the BEST Centre for the following five summers.

Current Education/Job Position: Rachel studied at St. Bonaventure University, New York, from 2011 to 2015. She is now working in a marketing company.

"I consider the BEST centre a second family, I remember on one of the first Family Swim Holidays Matthew saying that you meet your best friends from swimming and he was right, and the majority of them, I met from the BEST Centre. Most of the people that I met on Family Swim Holidays and working out there are my closest friends who I still remain in touch with and see when I'm back home in England. I would say the BEST Centre didn't just improve my swimming but improved me as a person, even from the young age of 13, socializing with a range of people taught me to build confidence, and working taught me responsibilities and skills. After my first summer on Family Swim Holidays, I was hooked. We would plan what dates to book for the next year with the friends you made, and I would spend the whole year counting down the days because it was a holiday where I got to practice the sport that I loved with my best friends."

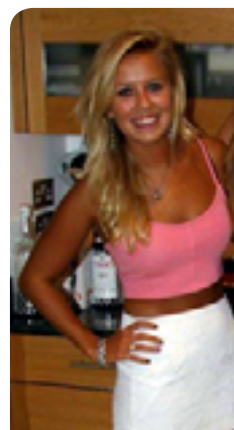


ALLY WRIGHT

Number of years on BEST Family Swim Holidays: Thirteen, starting from age ten.

Current Education/Job Position: Recently graduated from Loughborough University with a degree in International Business, now employed full time at the BEST Centre developing a range of camps and new products for 2020, whilst ensuring Family Swim Holiday runs as smoothly as possible, guaranteeing everyone visiting The BEST Centre has the best time possible.

"I experienced my first Family Swim Holiday when I was ten years old and have been visiting the BEST Centre regularly for the last thirteen years. Family Swim Holidays allowed me to experience swimming in a totally new environment and provided the perfect location to train. Over the years the staff at the BEST Centre have continued to support me in everything I've done and provide me with invaluable experience and knowledge. Not only has the BEST Centre aided my performance in the pool, it has allowed me to meet a range of people I can call my friends today. I am proud to now work at the centre, ensuring the triathletes on each and every Family Triathlon Holiday have as great a time as I had all those years ago."



LAURA FROSHAUG

Number of years on BEST Family Swim Holidays: Ten years starting from the age of eleven.

Current Education/Job Position: Laura studied French and Latin at the University of Exeter. She is about to start a job becoming a research consultant for a sports and leisure company.

"I'm so grateful that I went on the BEST Family Swim holidays. I'm still friends with the people I met at the age of 11. It was the perfect combination of hard work and fun."

PROFILES

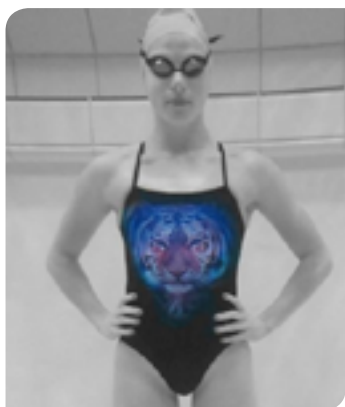


ROB HILTON

Number of years on BEST Family Swim Holidays: Nine, starting from the age of nine.

Current Education/Job Position: Finished his A-Levels in summer 2015. Rob is currently on a gap year in Mallorca, swimming with the BESTMed Swim Team and helping out with some work at the BEST Centre. In September 2016, he will begin to study Philosophy, Politics and Economics at University College London.

"It is hard to describe the effect that Family Swim Holidays have had on my life. One of the reoccurring themes in my childhood, which has also continued after my school education, is my connection with the BEST Centre. I feel incredibly fortunate to have been on so many of these holidays, because of the people that I have met, who I now consider as family and very close friends. When I needed to take a year out to prepare myself for life at university, I turned to the people at the BEST Centre. Family Swim Holidays don't only help swimmers excel in their sport, but more importantly, help them become better people."



DANIELLE STIRRAT

Number of years on BEST Family Swim Holidays: Danielle first went on a Family Swim Holiday at the age of thirteen, and has taken every opportunity to return for the past ten years, whether to gain experience there or to utilize the coaching staff.

Current Education/Job Position: Danielle is currently in her last year of university in America, at LSU, where she has continued to progress in her swimming.



ZACHARIAS ALEXIOU

Number of years on BEST Family Swim Holidays: Two times, in 2009 and 2010. Also visited the BEST Centre three more times, in 2012, 2013 and 2015 respectively, to train with the BESTMed Swim Team.

Current Education/Job Position: In his second year studying Physical Education at Aristotle University of Thessaloniki. Zach is also working as

a coach for three to six year old swimmers. Finally, he is in his second year of working as a trainer in the largest gym centre in his town.

"After 5 times of being at the BEST Centre, I have to say that you get into shape in so little time, it is like nowhere else. It is the conditions, the people and the atmosphere there that make it actually the BEST. The main point that makes the BEST Centre the best is the people there. It is important to be a good coach, but more important that you are honourable when coaching. That's unique and that makes all the difference."

"I always left the Family Swim Holidays with more than just advice on swimming, I left with my spirits uplifted and motivated for the next year of hard work. Matthew was always ready to challenge us but also to have fun, and has continued to support me throughout the years. My favourite thing about the holidays was the people I got to meet; some people that I met when I was 13 I still keep in close contact with today, which is incredible."



BEST SWIM CENTRE
Pure Swimming

FREQUENTLY ASKED QUESTIONS



1. What age and standard do my children have to be for the Family Triathlon Holidays? We cater for triathletes from ages 12-18 on the family triathlon holidays, but we have some flexibility if your child is a little older or younger than this age range.

2. What type of triathlon will my children be doing? We focus on a lot of technique and drills that young triathletes are sometimes missing from their club environments. There will be plenty of time to focus also on individual needs as well as challenging sets.

3. Who will be coaching my children? Your coach will be former international Triathlete Pamela Geijo, who is the BEST Centre triathlon coach and who runs all our triathlon activity.

4. Do they have to train every session? The training sessions are not obligatory, however we do find that most triathletes come to all sessions because they so much fun!

5. How are the groups of triathletes organized? We primarily organize groups by age and then after the first 1 or 2 sessions organize the groups by standard and needs.

6. What is the Triathlete to coach ratio? This depends on the number of athletes in the group, but the ratio is typically 1 coach for 10-12 triathletes.

7. Can my child get a private 1-2-1 session? Depending on time constraints, it is possible for triathletes to have 1-2-1 sessions with our coaches at an additional cost. These can be organized on-site.

8. What equipment do they need to bring? Please read the general information page of the Family Triathlon Holiday section for a list of equipment needed. We have kickboards and pullbuoys; they will need fins and a snorkel, which we sell onsite or in advance for those who don't have their own.

9. What other activities will my children do? We have football, beach games, table tennis tournaments and the world famous BEST Centre biathlon as well as things like the 100s challenge set, the last day relays and the almost world famous Med Ball throw!

10. What activities are there for parents? We have parents' football, parents' table tennis and a few days to get fit for the parents' relay and parents' biathlon!

11. Can parents swim or use the gym during the sessions? We always leave at least 1 lane free for parents to swim during the sessions (and get fit for the biathlon!). Parents can also use the gym free of charge.

12. Can parents get coached in swimming or take swim lessons? Yes, but it may not always be possible during the same time as the children's training sessions. Please email us for prices and options.

13. What's the weather like in Mallorca during the triathlon holidays? The weather is typically hot!

14. Will we have time as a family on our own? Yes, there is time when we are not training or doing other activities that can be spent as a family.

15. Will my kids have fun? We guarantee it!

16. How far is the BEST Centre from the airport and how do I get to my hotel?

The BEST Centre is 35 minutes from the airport. Transfers to and from the airport are NOT included in the holiday prices. However, we arrange 3 free coach transfers on the arrival and departure days to help. The times of each transfer are arranged to best suit the most number of people possible. If the time of the transfer is not convenient for you or you arrive or leave on a different day than the arrival and departure day, then you can get to your hotel by taxi or bus, or we can arrange a transfer for you. For "getting here" information please see our website.

FREQUENTLY ASKED QUESTIONS

17. How far is the pool from the hotels? All the hotels we offer are within a 7 minutes walk of the pool.

18. What else is there to do in Colònia Sant Jordi? If you like beaches then you are spoilt for choice as the town is surrounded by some of the most beautiful beaches in the Med. We are only a few kilometres boat ride from the natural protected marine park island of Cabrera, while the sea around the town is home to numerous water sports. You can also hire road bikes and mountain bikes, take tennis lessons, use the spa if you stay at the Club Colònia Blau hotel, or rent a car and explore a little more of the island.

19. Are there any excursions included on the holiday? We offer excursions during the holiday at an extra cost. They are typically trips to water parks, boat trips, kayaking etc.

20. Can I pay by cheque? If you have a euro account, you can pay by cheque in euros.

21. What is the easiest and cheapest way to pay in Euros? Most people pay by bank transfer. We also have partner foreign exchange companies you can use to make the payment to us, which guarantee better rates than the banks.

22. Can I pay by credit card? Yes this is possible.

23. Do gentlemen have to wear long trousers for dinner? The hotels expect men to wear trousers in the dining room at dinner time.

24. Do you organize flights? No, we are not a flight agency so we do not book flights.

25. How many airports are there in Majorca? Only one, Palma Majorca airport (Son Sant Joan, PMI).

26. What day should I arrive and depart? There is no training on the arrival (first) day nor the departure (last) day. If you are staying for just one holiday these are the best days to arrive and leave. We typically have an arrival meeting on the evening of the arrival day.

27. Is it possible to stay extra nights or two or more holidays? Yes it is possible to stay extra nights (please see the extra night prices on the specific holiday price information). It is also possible to stay more than one holiday and each subsequent holiday will receive a discount (please see prices).

28. Is there training on the arrival and departure days? There are no sessions planned for those days, however if there is space in the pool triathletes on the holiday are welcome to use the pool but without a coach.

29. Is it possible to join a holiday after the start date or cross between holidays? Although not ideal, it is possible.

Book Your Family TRIATHLON Holiday Now!

To book your place on the Family TRIATHLON Holiday, please complete the form you will find here.



BEST SWIM CENTRE
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FTH BOOKING CONDITIONS

The receipt of your deposit is considered acceptance of the following standard booking conditions, which are set out by the Association of British Travel Agents and recommended in the Guidelines for Tour Operators.

BEST CENTRE SPORT AND TRAVEL S.L. Terms & Conditions of Booking

All bookings are made with Best Centre Sport And Travel S.L. The payment of the deposit will be taken as you and your party's acceptance of the following conditions. The expression "client" may be used in these conditions not only to apply to you but to all other members of your party on whose behalf you have booked. Reading the booking conditions and information form part of your contract with us.

1. Booking Provisional bookings should be made by email or telephone to ensure that the training facilities, accommodation and transport, if needed, are available on the dates required. After receipt of your deposit a binding contract comes into effect between you, the client, and us.
2. Payment of the balance The balance of the cost of the training camp must be paid at least 8 weeks before departure. If the balance is not paid in time we reserve the right to cancel your camp, retain the deposit and apply the cancellation charges set out below. For bookings made within 8 weeks of departure, you will be required to pay the full cost of the camp at the time of booking.
3. Changes by you In the event of your wishing to change the details of a confirmed booking, you will be charged an amendment, if any, in the cost of the revised arrangements. Where a change is made within 8 weeks of departure we will treat such changes as a cancellation of the original booking. Any costs incurred by us will be passed on and may be as high as 100% of the cost of the holiday. All amendments must be in writing. No refund will be made for unused accommodation or services due to voluntary variation of a holiday
4. Cancellation by you You, or any member of your party, may cancel your holiday at any time providing that the cancellation is made by the person making the booking, and is communicated to us in writing. If this incurs administrative costs we shall retain the deposit of the client that cancelled and in addition may apply cancellation charges of the remaining balance up to the maximum below. Period before departure and cancellation charges shown as a cancellation is the percentage of the remaining balance of the holiday price: 56 days or more Deposit only 55-29 Days 20% 28-8 Days 75% 7-4 Days 90% 3 days or less to departure 100% If cancellation is caused by illness or certain unavoidable causes, your own insurance policy may apply.
5. Travel Insurance It is a requirement, when booking your camp, that you hold a policy to cover the group. In the event of an emergency, should you not have adequate insurance cover, although we will offer all reasonable assistance, it must be understood that you will be responsible for any costs involved as a result of your failure to take out adequate cover. Please read your policy details carefully. It is your responsibility to ensure that the insurance cover you purchase is adequate for the particular needs of you and your party. We do not check alternative insurance policies.
6. Alteration by us We plan your camp arrangements many months in advance and although it is unlikely that we shall have to make any changes to confirmed arrangements, it does occasionally happen. Most changes are of a minor nature and we will advise you at the earliest possible date. If a major change occurs, we shall inform you as soon as is reasonably possible. A major change is where we offer you accommodation of a lower standard, or training facilities that are not available. In such cases you have

the choice of either accepting the revised arrangements as notified to you, or cancelling your camp with full refund of money paid. For all these alternatives we will pay compensation on the scale shown below (plus full refund of all money paid if you choose to cancel). Period before departure date Cancellation per person that notification is given: Within 2 Weeks 40.00 euros Within 4 Weeks 30.00 euros Within 6 Weeks 20.00 euros Within 8 Weeks 10.00 euros More than 8 Weeks NIL Important note Compensation will not be payable if we are forced to cancel, or in any way change your camp due to war, threat of war, riot, civil strife, industrial dispute, terrorist activity, natural or nuclear disaster, fire or adverse weather conditions or other events outside our control. Neither will it be payable in case of flight delays that should be covered separately by your Holiday insurance.

7. Cancellation by us We reserve the right in any circumstances to cancel your camp and all camps are subject to a minimum number of participants. We will not cancel your camp within 8 weeks of departure unless caused by events beyond our control or failure on your part to pay the final balance. In circumstances where we are unable to provide the camp booked, we will offer to you an alternative camp of comparable standard of, if this is unacceptable, we will return to you all monies paid.
8. Our responsibility for your camp We accept responsibility for ensuring that all component parts of your camp are supplied to you as confirmed by us on your confirmation, and that the services offered reach a reasonable standard. If any such part is not provided, we will pay you an appropriate compensation if this has affected the enjoyment of your camp (see important note above). We have taken all reasonable and proper care to ensure that proper arrangements have been made for all our camps and that the suppliers of the various services provided to you as part of your camp are efficient, safe and reputable and comply with the local and National Law and regulation of the country in which they provide those services. However we do not have direct control over the provision of services to clients by suppliers, and we cannot be held responsible or liable for injury or death or illness caused to clients unless through negligence of our employees. We shall give every assistance we can to a client who through mishap suffers illness, personal injury or death during the period of the camp arising out of an activity which neither forms part of the camp arrangements nor forms part of an excursion offered through us, provided we are advised of the incident within 90 days of its occurrence. Nothing in condition 8 shall apply to anything arising during or out of carriage by air, sea or land and will be subject to the condition of carriage of the carrier operating these services.
9. Your responsibility to us It is your responsibility to ensure that you arrive in good time to board all flights or other method of transport. If you miss a flight or other transportation we will try to arrange alternative transportation, but reserve the right to recover from you any costs we incur in making such arrangements. Payment may be required from you before boarding.
10. Price Guarantees As per Association of British Travel Agents rules. The price of your camp is subject to surcharges only on the following items: Governmental action, currency, aircraft fuel, over flying charges, airport charges and increases in scheduled air fares. Even in this case, we will absorb an amount equivalent to 2% of the holiday price which excludes insurance premiums and amendment charges. If this means paying more than 10% of the holiday price, you will be entitled to cancel your holiday with a full refund. Should you decide to cancel because of this, you must exercise your right to do so within 14 days from the issue date printed on the invoice. In return for this guarantee there will be no refund in the event of favourable costs or currency movements. We reserve the right to revise prices for new bookings in the event of any change.

FTH BOOKING CONDITIONS

- 1. Website Description** The website contains statements representing our honest belief that the facts shown are correct. Every reasonable effort has been made to describe as fully and honestly the accommodation and services offered and every reasonable attempt will be made to supply what has been described. All bookings are made and accepted on the basis of the descriptions contained in the website. We cannot guarantee the accuracy of any other, website, brochure or leaflet which is not published by us but may be supplied as an additional service to the client.
- 2. Flights** When travelling with the carrier, the conditions of carriage of that carrier apply, some of which may limit liability.
- 3. Complaints and Arbitration** In the unlikely event of any problems occurring during your camp, it must be reported to either the hotel manager or us, thereby giving them the opportunity to remedy the problem. If the problem cannot be resolved with their assistance you should without delay notify us. Reasonable telephone and fax charges will be reimbursed by ourselves. If the problem cannot be completely solved in the destination, you must write to us within 28 days of your return giving full details of your complaint. If you do not follow this simple procedure it may affect your right to claim against us. Disputes arising out of, or in connection with this contract, which cannot be amicably settled may (if the customer so wishes) be referred to arbitration under a Special Scheme which, though devised by arrangement with the Association of British Travel Agents, is administered quite independently by the Chartered Institute of Arbitrators. The Scheme (details of which will be supplied by ABTA on request) provides for a simple and inexpensive method of arbitration on documents alone with restricted liability on the customer in the event of costs. The Scheme does not apply to claims for an amount greater than £5,000 per person. There is also a limit of £15,000 per booking. Neither does it apply to claims which are solely in respect of physical injury or illness or their consequences. The Scheme can however deal with compensation claims which include an element of minor injury or illness subject to a limit of £1,000 on the amount the arbitrator can award per person in respect of this element. The application for arbitration and Statement of Claim must be received by the Chartered Institute of Arbitrators within nine months of the date of return from the holiday. Outside this time limit the Scheme may still be available if the company agrees, but the ABTA Code of Conduct does not require such an agreement.
- 4. Indemnity** When you book a camp with us you accept responsibility for the proper conduct of yourself and your party while away. We reserve the right to terminate your holiday or that of any member of your party due to misconduct. If your actions or those of any member of your party cause damage to the accommodation or facilities in which you are staying, or cause delay or diversion to any flight or other means of transportation, you agree to fully indemnify us against any claim (including legal costs) made against us by, or on behalf of, the owners of such accommodation or facilities, or the operator of such flight or other means of transportation.
- 5. Passports, Visas and Health Requirements** – All clients should refer to the detailed requirements contained in the Destination Information for each country. A full British passport presently takes 4/6 weeks to obtain. If you or any member of your party is not a British citizen or holds a non-British passport you must check passport and visa requirements with the Embassy or Consulate of the countries through which you are intending to travel. Information on health is contained in the Department of Health leaflet available from most post offices. It is your responsibility to ensure that you and all members of your party are in possession of all necessary travel and health documents before departure and all costs incurred in obtaining these items must be paid by you.
- 6. Travel Advice** The Foreign & Commonwealth office may have issued information about your holiday destination. You are advised to check this information on the Internet under the address <http://www.fco.gov.uk/> Alternatively you can contact the ABTA Information Department on 0891 202520 (calls charged at 50p per minute).
- 7. Data Protection** In order to process your booking and to ensure that your camp arrangements run smoothly and meet your requirements we need to use the information you provide such as name, address, and special needs/dietary requirements etc. We take full responsibility for ensuring that proper security measures are in place to protect your information. We must pass the information on to the relevant suppliers of your travel arrangements such as airlines, hotels, transport companies etc. The information may also be provided to security companies, public authorities such as customs/immigration if required by them, or as required by law. You are entitled to a copy of your information held by us. If you would like to see this please contact us. We will make a small charge for providing this to you. We will hold your information, where collected by us, and may use it to inform you of offers in the future or to send you information. If you do not wish to receive such approaches in the future, please let us know.
- 8. Jurisdiction** This contract is made on the terms of these booking conditions which are governed by English Law and both parties shall submit to the jurisdiction of English Courts at all times.
- 9.** If the booking is for a sporting competition, in the unlikely event of the cancellation of the competition for whatsoever reason, Best Centre Sport And Travel S.L. cannot be held responsible in any way for any monetary loss, inconvenience or any other circumstances.
- 10.** All our camp descriptions are advised in good faith and every care is taken to ensure their accuracy. However, since the camps can be prepared up to 12 months in advance, there may be occasions when an advertised facility or is not available during your camp. Certain facilities (e.g. tennis courts and swimming pools) require maintenance and sometimes have to be temporarily withdrawn from use for such work to be done. Outdoor activities, beach services and water sports for example may not operate for reasons such as unstable weather conditions or lack of support, or golf courses, bowling greens, etc. may be closed for maintenance or private competitions. Similarly, there may be occasions, especially during the low season, when certain advertised schedules, entertainment or amenities are changed, cancelled or curtailed. Further, the operation of certain amenities and facilities may be subject to local licensing laws or religious holidays. Government or local authority restrictions may also dictate that an hotel or apartment limits certain facilities e.g. air-conditioning or water supply, in the cause of conservation. We will take all reasonable measures to provide alternatives in this case but cannot be held responsible for monetary loss or inconvenience in these cases.



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