

# FAMILY SWIM HOLIDAYS

## 2022

Colònia Sant Jordi  
**MALLORCA**



**BEST CENTRE SPORTS**  
*Mallorca*



We follow all COVID rules to make our facilities safe. And we are a Balearic recognized Covid safe site.

[info@BESTcentreSports.com](mailto:info@BESTcentreSports.com) · [www.BESTcentreSports.com](http://www.BESTcentreSports.com)

Have a fabulous holiday while the kids train with Olympic swimmers!



PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**  
(SEE HOTEL INFORMATION)

SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND **GET AN EXTRA 5% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!**



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*Mallorca*



# INTRODUCTION



After 15 years of successful Family Swim Holidays, we are proud to announce our 2022 Holiday Programme.

The Family Swim Holidays 2022 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 swim holiday is designed for swimmers aged 6-18 years old, who are used to training regularly with a swim team, (please email us if you have any questions). The holiday will cater for all levels of swimmer from club swimmer to international standard.



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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.

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## LOCATION

### 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 where there are 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.



The BEST Centre is located in the south-east corner of Mallorca, in one of the island's 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

## 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

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!

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



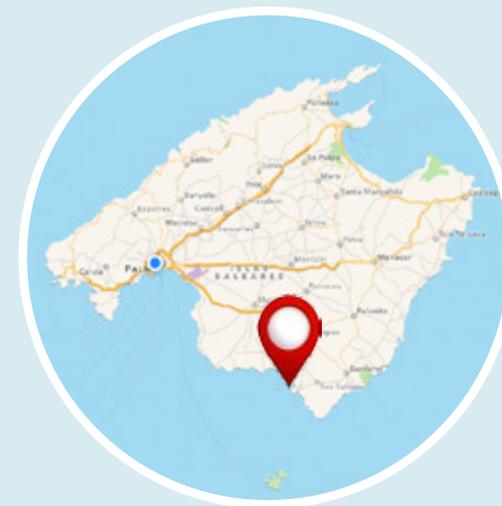
Transfers to and from the airport/hotel are not included in the price.

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

- 1-4 people - 65 euros one-way.
- 5-7 people - 115 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.

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## WHAT TO EXPECT

"Our goal for each athlete is to have fun, learn, meet new friends, and take a great attitude about their sport back to his or her home club."

### WHAT'S INCLUDED

The swim holiday will be run by British Olympic swimmers and former British record holders as well as ASA qualified coaches.

The holiday will comprise of 9 x 2 hour swimming sessions for 7 day holidays and 13 x 2 hour swim sessions for the 10 day holiday, accompanied by dry land and stretching exercises.

The focus will be on:

- Technique work.
- Kicking.
- Starts and turns.
- Breakouts.
- And having the most fun you can possibly have in a week of swimming.

When the children are training, parents are free to do their own thing and explore some of the beautiful sights of the island, or sit in the sun and watch your children train. Parents will also have the opportunity to use the pool and the gym, free of charge whilst the kids train!

## WHAT'S INCLUDED

	SWIMMER	PARENT
9x2 or 13x2 hours of long course (50m) sessions with Olympic swimmers and experienced coaches	✓	---
Land training and dry land sessions	✓	---
On-site rep	✓	✓
Table Tennis tournament	✓	✓
5-aside Football tournament	✓	✓
The now famous BEST Centre Biathlon	✓	---
The Parents' BEST Centre Biathlon	---	✓
Dedicated parents' lane while kids are swimming and use of gym	---	✓
BEST Centre T-Shirt	✓	---
BEST Centre cap	✓	---
BEST Centre Certificate	✓	---
Closing night award ceremony and talent show!	✓	✓

Although this is a swim holiday, we offer so much more! As you can see on the itineraries, outside of training we have a fun-filled schedule with lots of fun activities, along with plenty of free time to relax as a family.

## DATES 2022

- May 28<sup>th</sup> - June 4<sup>th</sup> ..... 7 days.
- July 2<sup>nd</sup> - 9<sup>th</sup> ..... 7 days.
- July 9<sup>th</sup> - 19<sup>th</sup> ..... 10 days.
- July 19<sup>th</sup> - 26<sup>th</sup> ..... 7 days.
- July 26<sup>th</sup> - August 2<sup>nd</sup> ..... 7 days.
- August 3<sup>rd</sup> - 10<sup>th</sup> ..... 7 days.
- August 10<sup>th</sup> - 20<sup>th</sup> ..... 10 days.
- August 20<sup>th</sup> - 30<sup>th</sup> ..... 10 days.

## WHAT TO BRING

All swimmers will need to 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.

# ITINERARIES



Below are two example itineraries for a typical 7-day, and 10-day camp. These example itineraries are just to give you a feel for what you can expect, they are not finalised and the order of swimming sessions and other activities may be subject to change.

Example itinerary for a typical 7-day camp:

	Arrival day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Departure day
Morning	Check-in	2 hour swim session	2 hour swim session	Biathlon	Check-out			
Afternoon		2 hour swim session	Football	2 hour swim session	Aqualand or Boat Trip	2 hour swim session	2 hour swim session	
Evening	Welcome meeting		Family Quiz				Award ceremony & talent show	

Example itinerary for a typical 10-day camp:

	Arrival Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Departure day
Morning	Check-in	2 hour swim session	2 hour swim session	2 hour swim session	Biathlon	Check-out					
Afternoon		2 hour swim session	Activity	2 hour swim session	Activity	2 hour swim session	Aqualand or Boat Trip	2 hour swim session		2 hour swim session	
Evening	Welcome meeting		Family Quiz							Award ceremony & talent show	

As noted above, as these are example itineraries they are subject to change.

As you can see, our itinerary is the perfect combination of swimming, extra activities and free time to relax as a family.

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# ADDITIONAL INFORMATION

1-2-1s: During the holiday we can organise 1-2-1 sessions of 30 or 60 minutes with individual swimmers. 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 Ally (ally@bestswimcentre.com) to book a 1-2-1.

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 S.L.

**Book Your  
Family SWIM Holiday Now!**

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



**Fancy the same kind of thing  
but without parents?**

Try our highly successful CAMP Mallorca! [Click here](#) for more information!



**BEST CENTRE SPORTS**  
*Mallorca*



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



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## PARENTS ACTIVITIES (optional)

Swim sessions are done at the same time as the children's swimming sessions. All other activities may not coincide with the children's sessions.

Each activity is at separate times, so activities can be combined.

- 10% off for 2 activities per week.
- 20% off for 3 activities per week.
- 30% off for 4 activities per week.

### GET FIT IN THE POOL!

**GROUP SWIMMING COACHING** - 1 hour each day during swimmers sessions in separate lane (not including arrival and departure day):

- 7 day holiday: 90 euros (deposit 45 euros)
- 10 day holiday: 125 euros (deposit 60 euros)

**YOGA** - 1 hour each day:

- 7 day holiday: 90 euros (deposit 45 euros)
- 10 day holiday: 125 euros (deposit 60 euros)

**BOOT CAMP** - 2 hours each day:

- 7 day holiday: 150 euros (deposit 45 euros)
- 10 day holiday: 210 euros (deposit 60 euros)

**GROUP RUN FOR FITNESS** - 1 hour each day:

- 7 day holiday: 90 euros (deposit 45 euros)
- 10 day holiday: 125 euros (deposit 60 euros)



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# PRICES and ACCOMMODATION

For 2022 we are offering a great new and cheaper way to book your accommodation. Use our friendly Family Swim Holiday booking codes to receive great discounts on the best hotels in Colònia Sant Jordi.

To reserve your place on the Family Swim Holiday programme, all you need to do is click here:

**Book Your Family SWIM Holiday Now!**

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



To book a hotel please see our great list of hotels below and then use the booking code supplied for each hotel to receive the discount.

**CANCELATIONS:** Your payment is fully refundable up to 40 days before the start day of the camp. Between 40 and 14 days we will refund 50% of your payments. Cancellations made less than 14 days prior to the camp start date will incur a 100% cost.

Hotel refunds depend on each hotel, please check their booking conditions.

## PRICES FSH Swim Programme

**7 Day Holiday**  
**Price: 600 euros**  
(deposit 300 euros)

**10 Day Holiday**  
**Price: 790 euros**  
(deposit 400)

**Extra Session Price**  
**45 euros**  
(Up to 3 sessions and valid only having stayed an Entire holiday beforehand)

**One-Off Session Price**  
**72 euros**  
(35% off subsequent one-off sessions)

\* The balance for your camp is due 40 days prior to the start date of the camp.

**SIBLING DISCOUNT**

- 1st sibling: **25% OFF**
- 2<sup>nd</sup> sibling: **50% OFF**
- 3<sup>rd</sup> and subsequent sibling/s: **90% OFF**

**RETURNER DISCOUNT**

5% OFF

**USE A HOTEL BOOKING CODE**

Send us proof of use of a hotel booking code and **GET AN EXTRA 5% OFF** your total child swim and parent activity cost!

**MULTI-WEEK DISCOUNTS**

30% OFF

Price of least expensive week

# BLAU CLUB COLÒNIA RESORT & SPA \*\*\*\*

The Blau offer the following room types:

- Double Standard.
- Double Superior.
- Double Deluxe.
- Suite Standard.
- Suite Superior.
- Suite Deluxe.
- Suite Select.

Each room includes the following:

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

The Club Colònia 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.



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RESERVATION  
[www.blauhotels.com](http://www.blauhotels.com)

DISCOUNT  
**5%**

DISCOUNT CODE  
FSHBLAU2022

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## 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).

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**RESERVATION**  
[www.thbhoteles.com](http://www.thbhoteles.com)

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
FSHSUR2022

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# Universal HOTEL ROMÁNTICA \*\*\*

Located in Colònia de Sant Jordi and just steps away from Es Trenc beach; a 3\* hotel ideal for holidays with children in Majorca, personalized service and family atmosphere, plus 40-years of experience serving guests, make this seafront hotel the ideal place for a fun-filled holiday.

Breakfast, lunch and dinner are served in the buffet restaurant. All services include show cooking and guests can choose from bed & breakfast, half board, full board and all inclusive.

Facilities at the Universal hotel Romántica include two outdoor swimming pools (one of them for children) and direct access to the sea.

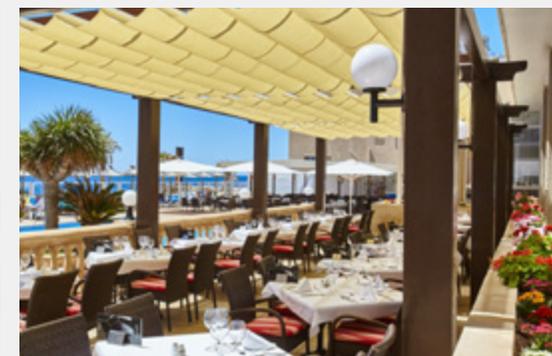
Staying in this hotel you will have access to private running trails.

Each room type includes the following:

- Free WiFi.
- Air conditioning.
- Safe (additional charge).
- Balcony.
- Satellite TV.
- Mini-fridge on request (additional charge).
- Telephone.
- Hairdryer.

The Hotel Romántica offer the following facilities and services:

- All-inclusive option (additional cost).
- 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).



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**RESERVATION**  
[www.universalhotels.es](http://www.universalhotels.es)

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
FSHROMANTICA2022

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## ISLA CABRERA Apartments \*\*\*\*

The Aparthotel Isla de Cabrera is the ideal vacation spot for families with children or in general for anyone looking for a quiet atmosphere. It consists of 100 apartments 4 \*\*\*\*.

The apartments are fully equipped and will accommodate 2 adults and 2 children. They consist of a bedroom, a fully equipped kitchen and a living room with two sofa beds. The hotel also has 3 bars and a buffet restaurant adapted to the tastes of our customers. Also at your disposal:

- Bathroom
- Hairdryer
- Magnifying mirror
- Terrace
- Telephone
- Air conditioning (hot/cold)
- Safe (extra charge)
- Flat-screen television
- Satellite television
- Refrigerator
- Microwave
- Free WiFi connection throughout the Aparthotel.

PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**

**RESERVATION**  
[www.hotelislacabrera.com](http://www.hotelislacabrera.com)

**DISCOUNT**  
**5%**

**DISCOUNT CODE**  
FSHISLACABRERA2022

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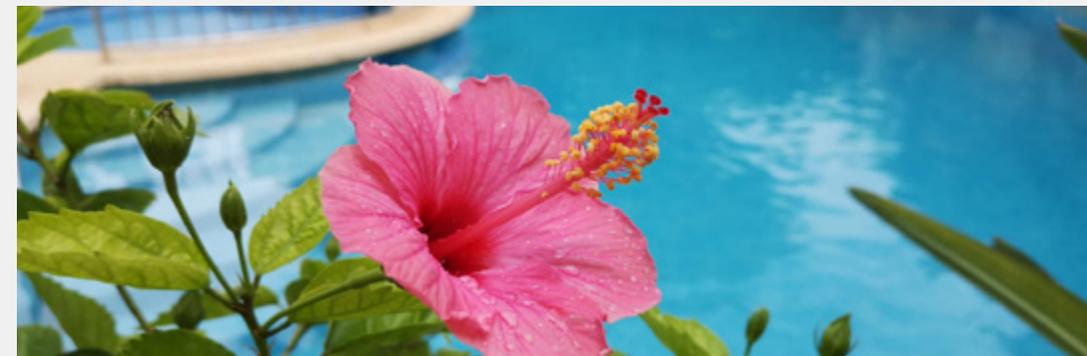
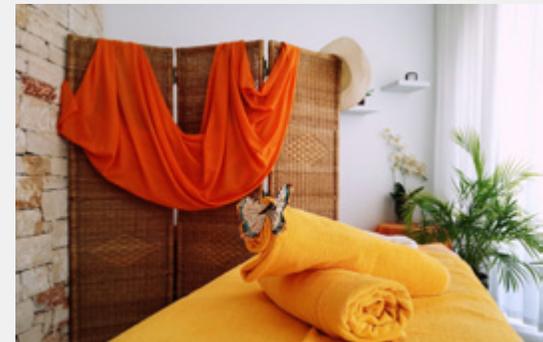
# VILLA PICCOLA Apartments \*\*\*\*

Our apartments - for all tastes and are equipped according to international standards: Apartments for 2 to 4 persons. All apartments have a minimum of one bedroom, bathroom, living room, kitchen, terrace/balcony.

What is an Aparthotel? They are apartments of different sizes with the services of a hotel. For example, daily cleaning, change of sheets etc.

The clients have everything for breakfast in their apartment (freshly baked bread every day, coffee, tea, butter, jam, honey, eggs, yoghurt, etc.

- Air conditioning for heating and cooling.
- Kitchen with dishwasher, glass-ceramic hob, microwave etc.
- Bedroom and bathroom with towels and sheets.
- Balcony with table, chairs, hammocks, umbrella and clothesline
- Free safe in the apartment
- Free wifi in the apartment
- Satellite TV
- Non-smoking apartments.
- We have a common swimming pool and a massage room.



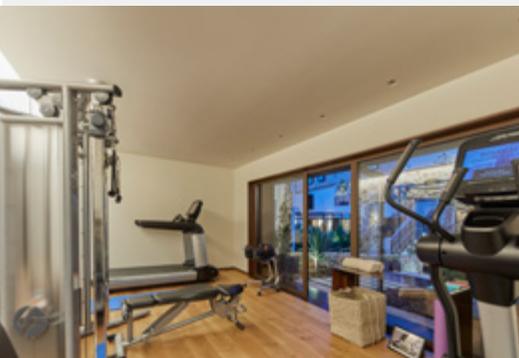
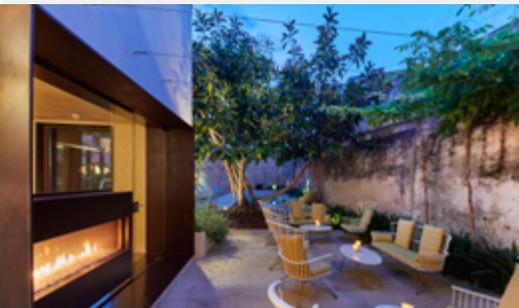
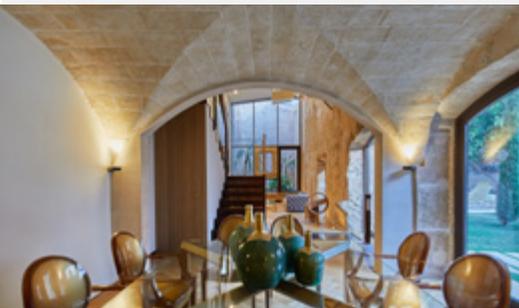
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**RESERVATION**  
[www.villapiccola.de](http://www.villapiccola.de)

**DISCOUNT**  
**3.5 %**

**CONTACT US TO MAKE BOOKING**  
[info@bestcentresports.com](mailto:info@bestcentresports.com)

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# SA CREU NOVA

## TRANQUILLITY AND LUXURY IN PERFECT HARMONY

Sa Creu Nova Art Hotel & SPA can be found between countryside and beaches which make up part of the Mallorcan geography. Our five star hotel is located in Campos, which in many cases is compared to the Mallorca of 20 years ago, due to its tranquillity and unspoilt spaces, typical of the southeast of the island.

## UNIQUE SPACES

The essence of a historic house completely restored and the beauty of current design fuse to give this luxury hotel a unique charm, where architecture and Mallorcan tradition play a fundamental role.

## ART HOTEL

The hotel has works of art from diverse artists of international stature. The paintings and sculptures accompany the traditional and modern concept of this boutique hotel in Campos.

## EXCLUSIVE TREATMENTS

At the Sa Creu Nova Petit Palais Art & SPA you can enjoy our thermal circuit with; a Finnish sauna, sensations shower, thermal beds, relax area and detox juices. It also has professionals who can offer an ample selection of exclusive services which must be pre-booked.

## FITNESS area

The gym, or fitness area, with views of the garden complement the Spa at Sa Creu Nova. Here you can do some aerobic exercise with Life Fitness machines to stay active and in shape during your holidays.

Without a doubt a great way to guarantee a day of well-being and relaxation.

PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**

**RESERVATION**  
[www.sacreunova.com](http://www.sacreunova.com)

**DISCOUNT**  
**50 euros resort credit**  
for stays of more than 4 nights

**DISCOUNT CODE**  
BCS50

**SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND GET AN EXTRA 5% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!**

# HONUCAI Hotel \*\*\*\*

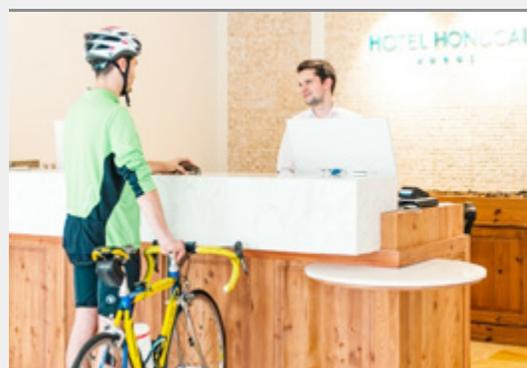
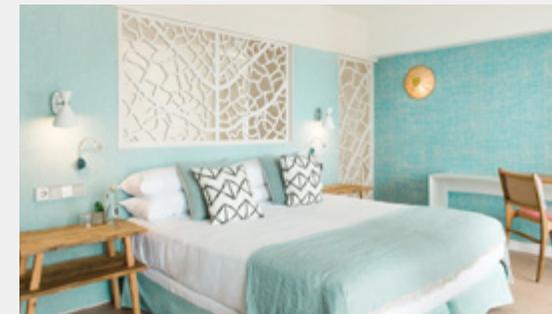
Hotel Honucai is Gallery Hoteles' new boutique hotel located in Colònia de Sant Jordi, which has spectacular views over the Es Dolç and Es Carbó beaches.

At hotel Honucai you will find 78 rooms, distributed in double rooms, superior rooms or suites.

Facilities at the Honucai hotel include:

- Fitness room.
- Sun deck.
- Infinity pool.
- Spa, equipped with jacuzzi, chromotherapy shower and sauna.

It also includes a rooftop terrace.



PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**

**RESERVATION**  
[www.hotelhonucai.com](http://www.hotelhonucai.com)

**DISCOUNT**  
**5%**

**DISCOUNT CODE**  
BESTFEST5

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## POSIDONIA Apartments \*\*\*\*

A brand new building, just 10 minutes walk from the beach and in front of the promenade! 4 keys tourist apartments, very spacious (between 50 and 85 m<sup>2</sup>) with two double bedrooms and one bathroom, large living room with sofa bed and full kitchen with large terraces (from 22 to 36 m<sup>2</sup>) with views, some with sea view and equipped with outdoor sofas and dining set. We also have one 1 bedroom apartment wheelchair adapted.

Within the facilities in the Apartments Posidonia, we find a:

- Pool.
- Outside Pool with jets.
- Sauna.
- Fitness Room.
- Solarium.
- Terrace with panoramic views.
- Self-service laundry.
- WIFI in the whole building.
- Internet terminal available for clients at Reception.
- Vending machines.
- In house Parking.

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**RESERVATION**  
[www.apartmentsposidonia.com](http://www.apartmentsposidonia.com)

**DISCOUNT**  
**2.50%**

**DISCOUNT CODE**  
BEST

SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND **GET AN EXTRA 5% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!**

# Universal HOTEL DON LEÓN \*\*\*\*

Universal Hotel Don León in front of the sea, is an oasis of peace with service and facilities worthy of high class accommodation.

Facilities at the Don Leon hotel include an indoor and outdoor pool, gym, beauty services, fitness room, tennis courts and also a bike storage room.

The cuisine, location and kindness of the staff are the main reasons why many of our guests come back year after year.

The restaurant, buffet area and bar were recently refurbished in winter 2019/2020.

Staying in this hotel you will have access to private running trails.



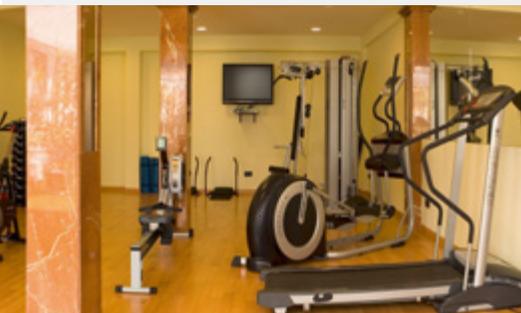
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**RESERVATION**  
[www.universalhotels.es](http://www.universalhotels.es)

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
FSHDONLEON2022

SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND **GET AN EXTRA 5% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!**



## Universal HOTEL MARQUÉS \*\*\*\*

Located in Colònia Sant Jordi, is a 4\* hotel with a Mediterranean design. Its location is unbeatable, right between two wonderful fine sand beaches with spectacular views of Es Trenc, the most famous beach in Majorca.

Breakfast and dinner are served in the buffet restaurant. All services include show cooking and guests can choose from half board and all inclusive. Lunch is available at this hotel only when Romantica hotel is closed.

Facilities at the Universal hotel Marques include an outdoor swimming pool with direct access to Marques beach. There is also a gym, games room, lounge bar and terrace, and an entertainment programme with activities for all ages. Bicycle storage is available in the Villa Marquesa annex.

Staying in this hotel you will have access to private running trails.

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**RESERVATION**  
[www.universalhotels.es](http://www.universalhotels.es)

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
FSHMARQUES2022

SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND **GET AN EXTRA 5% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!**

# Hotel EL COTO \*\*\*\*\*

Comfort and elegance together with the traditional hospitality of a family hotel is waiting for you.

The hotel is located in the southeast of Majorca, only 100 m. away from a beautiful beach and directly in front of the salt lakes. These salt lakes are part of a nature reserve and told to be the second oldest of the world!

Our mediterranean garden with palm and pine trees, spacious terraces and a heated pool with children area invites you to enjoy and relax. Pool and beach towels are at our clients disposal.

Rooms; We have a total of 50 rooms. In all categories the rooms can vary in size, view and decoration.

Gastronomy: Unforgettable holidays are always associated with an excellent gastronomy. Therefore we will do our best to spoil you with culinary delights.

Activities: To make your stay with us even more pleasant, we offer different beauty treatments and relaxing massages to pamper your body as well as various sports activities that will help you enjoy and get in shape.

2 TENNIS COURTS with silica sand.  
Tennis classes on request.  
Rental of tennis rackets and balls.

BICYCLE STORAGE ROOM  
Bicycle rental next to the hotel.

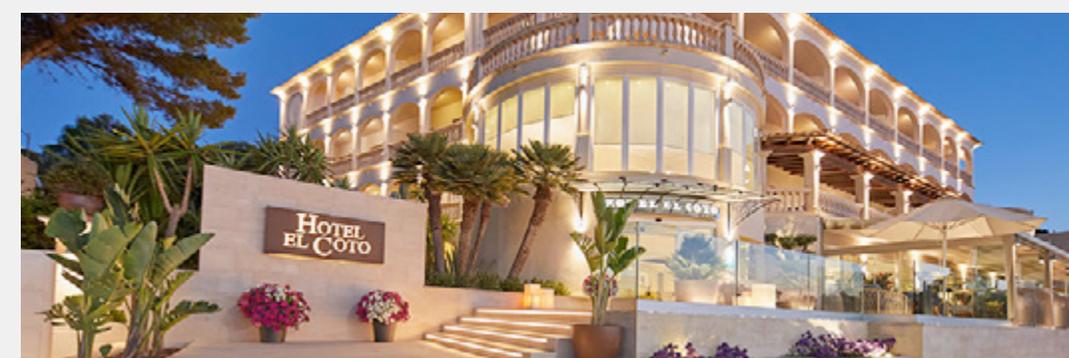
HIKING  
Guided hiking tours in April.

NORDIC WALKING

YOGA  
Yoga classes. Rental of yoga mats.

MASSAGES and body treatments.  
Beauty treatments and pedicure.

And much more to enjoy.



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**RESERVATION**  
[www.hotelelcoto.es](http://www.hotelelcoto.es)

**DISCOUNT  
Best Price  
Guarantee!**

**CONTACT US TO MAKE BOOKING**  
[info@bestcentresports.com](mailto:info@bestcentresports.com)

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## SES ROTES DE SA TALAIA House

This breath taking modern manor house builded in 2017 overlooks the south of the island, spacious common areas, high ceilings and visible wooden beams, gives you a feeling of greatness, flooded with sunlight entering from the multiple windows on two floors that decorate the house, plus various glass doors that lead to massive open terraces, overlooking the pool, offering the guests a splash of nature and stunning landscaped views.

Space, this is the first word that comes up ...you will feel spacious everywhere in the house, large and well equipped kitchen, outside the vast terrace that overlooks to nature and the pool, surrounded by the majestic landscape. Splendid in all aspects, the sense of beauty and boundless makes this place just perfect to share with family and friends. Each one of you will find a favourite and preferred "little corner" for yourself.

- 276 SQM + terraces
- 8 pax
- 4 Double rooms
- 4 Bathrooms
- WiFi
- BBQ
- Ping Pong
- Sunbed and Garden Furniture TV
- Oven
- Induction Stove
- Fridge
- Freezer
- Dishwasher
- Microwave Oven
- Coffee Maker
- Kitchenware
- Iron and Ironing Board Washing Machine
- Heating
- Travel Cot (under request) High Chair (under request) First Aid Kit
- Parking Area

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**RESERVATION**  
[www.helenasanchezhost.com](http://www.helenasanchezhost.com)

**DISCOUNT**  
**Best Price**  
**Guarantee!**

**CONTACT US TO MAKE BOOKING**  
[info@bestcentresports.com](mailto:info@bestcentresports.com)

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# DALT VILA House

A few minutes from the town, this Mediterranean house offers you a unique and genuine stay in Mallorca. Wifi, bbq, all the comforts and pleasure just 10/15 minutes from the most famous beach of the island "Es Trenc", and a few kilometers from the village.

Those who have come here describe it as an "oasis", an authentic, natural and relaxing place, perfect for families, friends, lovers of the nature and the sea.

The house has two floors, on the ground floor there are two double bedrooms with a full bathroom, the large open plan kitchen to the dining room and has access to the porch, furnished with a dining table and chairs, living room with two sofas around the fireplace and overlooking the pool.

On the upper floor there are two double bedrooms, one with its own terrace, con- nected to the bathroom, a living room with a sofa and another terrace with landscaped views.

This accommodation is ideal to enjoy the intimacy of the family, with friends, ideal for nature lovers and people engaging in outdoor sports, if you are interested in a rental period over 30 days, please contact us for a personalized quotation.

- Wi-fi
- Air Conditioning
- Central heating
- Chimney
- TV
- Indoor/outdoor music equipment
- BBQ
- Refrigerator
- Freezer
- Microwave oven
- Gas cooker
- Dish washer
- Oven
- Coffee maker
- Washing machine
- Iron and ironing board
- Household goods
- Parking area



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**RESERVATION**

[www.helenasanchezhost.com](http://www.helenasanchezhost.com)



**DISCOUNT  
Best Price  
Guarantee!**

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[info@bestcentresports.com](mailto:info@bestcentresports.com)

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## 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

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

## TESTIMONIALS

"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: Eight, starting from age ten. Current Education/Job Position: Swimming at Loughborough University and studying International Business (BSc).

"I went on my first Family Swim Holiday when I was ten and have been visiting the BEST Centre regularly for the last eight 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 over the last 8 years. 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 best friends today, who were just fellow swimmers all those years ago. For me, being part of the FSH family is the most enjoyable part and will continue to be so."



## 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

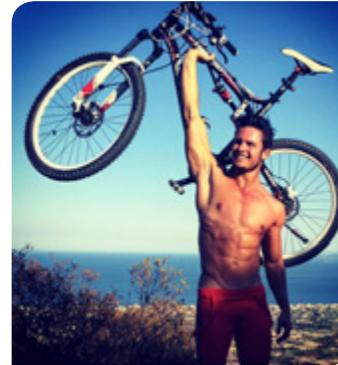


## ROB HILTON

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."



## 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."



## 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.

"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 CENTRE SPORTS**  
*Mallorca*



# FREQUENTLY ASKED QUESTIONS

## General questions about FSH

**1. What age and standard do my children have to be for the Family Swim Holidays?** We cater for swimmers from ages 6 to 18 on the Family Swim Holidays. Although we deal with all levels of swimmers, please let us know before booking if your children are not swimming in a club already. We are not a learn to swim scheme, so the younger children need to be able to swim 50m of a recognised stroke without difficulty.

**2. 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!

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

**4. 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.

**5. Will we have time as a family on our own?** Yes, there is time when we are not swimming or doing other activities that can be spent as a family. As seen on page 8 between the swim sessions and activities families have free time.

**6. Will my kids have fun?** We guarantee it!

**7. 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.

**8. What day should I arrive and depart?** There is no swimming 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. For example 9 – 19 July holiday, the swim sessions run 10 – 18 July so you can arrive anytime on the 9 and 19 July.

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

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

**11. Does the camp have insurance and medical staff?** You need to arrange your own travel and medical insurance and a copy must be shown on arrival. We have our own medical staff on call 24 hours a day. EU residents also must have a European Health Card as well as insurance.

## Training

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

**13. Who will be coaching my children?** All our coaches are former international or Olympic swimmers and qualified coaches. We also have special guest weeks with Olympic medallists and Olympic coaches.

**14. Do they have to swim every session?** The swim sessions are not obligatory, however we do find that most swimmers come to all sessions because they so much fun!

**15. How are the groups of swimmers organised?** We primarily organise groups by age then after the first 1 or 2 sessions we organise the groups by standard and needs.

## FREQUENTLY ASKED QUESTIONS

**16. How many swimmers will there be in each lane?** This really depends on the number of swimmers. Typically there are around 6 swimmers in each 50m lane.

**17. What is the swimmer to coach ratio?** This also depends on the number of swimmers, but the ratio is typically 10 swimmers or less to 1 coach.

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

**19. What equipment do they need to bring?** Please read [page 7](#) 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.

**20. What language are the sessions coached in?** The sessions are coached in English. Some of our coaches are able to speak more than one language if any swimmer is struggling to understand. Lots of swimmers also translate and help each other if someone does not understand something. Parents are able to translate also.

**21. 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 swim sessions. Please email us for prices and options.

### Colònia Sant Jordi & travel

**22. Do you organise flights?** No, we are not a flight agency so we do not book flights.

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

**24. What's the weather like in Mallorca during the swim holidays?** The weather is typically hot!

**25. How far is the BEST Centre from the airport and how do I get to my hotel?** The BEST Centre is 40 minutes from the airport. We are able to organise transfers if you wish. Please note the transfers to and from the airport are NOT included in the holiday prices. Please see our 'Getting Here' page for more information ([page 6](#)).

**26. How far is the pool from the hotels?** All the hotels we offer are within a 10 minute walk of the BEST Centre.

**27. 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 (see [page 5](#)). 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 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.

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

**BEST CENTRE SPORTS**  
*Mallorca*



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