



**BEST** CENTRE SPORTS  
*Mallorca*

# CAMP MALLORCA SWIMMING CAMP July & August 2023

Colònia de Sant Jordi • Mallorca

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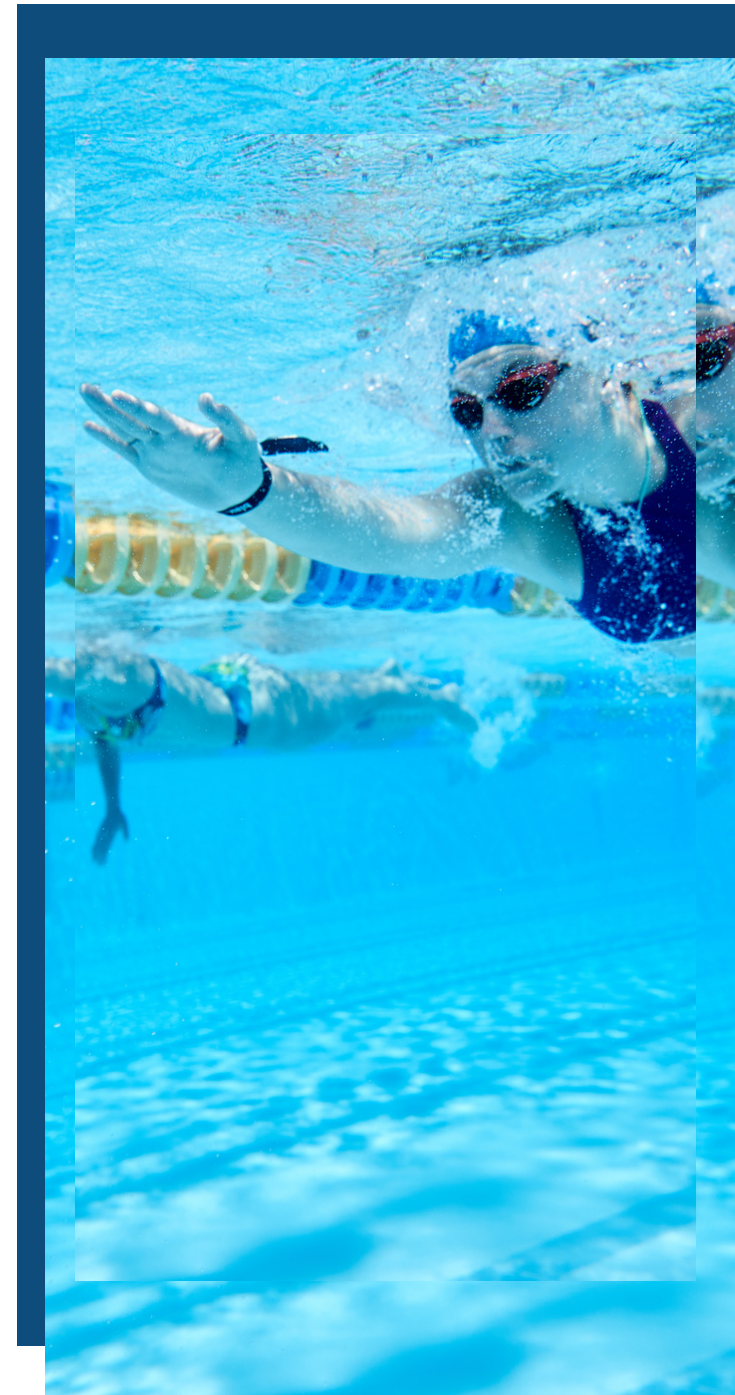
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# CAMP MALLORCA



Here at The BEST Centre, we believe training camps are very important for young swimmers. We have recognised that parents can't always accompany their children on training camps, so to ensure that these swimmers don't miss out, we are offering Camp Mallorca as the perfect solution. The camp has been designed for swimmers ages 12-18 of all levels, from club swimmers to international standard. Swimmers will stay in a safe and healthy environment, practice the sport they love, and have a lot of fun along the way!

Although Camp Mallorca is focused towards children attending a training camp independently, parents are very welcome to visit Colònia and stay in a separate hotel. While you are more than welcome to watch your children swim, and take them out between sessions, you also have the freedom to focus on your own holiday.

Throughout the summer, young swimmers now have the opportunity to stay in the BEST Centre Residencia, in the beautiful town of Colònia Sant Jordi, just a 5 minute walk from one of the world's best swimming facilities, the BEST Centre.

# DATES

- Week 1: July 19th- 26th
- Week 2: July 26th - Aug. 2nd
- Week 3: August 3rd - 10th
- Week 4: August 10th - 20th

# OTHER ACTIVITIES

As well as these activities, we also offer a trip to Aqualand and language lessons, each at an additional cost.

## **Aqualand**

We offer an optional trip to Aqualand: One of Europe's biggest waterparks, ideal for all ages. The price will be confirmed closer to the time.

## **Language lessons**

Would you like to learn or improve your English, German or Spanish?

We offer two different packages of language courses;

Standard course:

- 5 x 1 hour lessons in 5 days: 150 euros.

Intensive course:

- 5 x 2 hour lessons in 5 days: 275 euros

# INFORMATION

## **Training schedule**

The camp will comprise of 9 x 2 hour swim sessions for 7 day holidays, and 13 x 2 hour swim sessions for the 10 day holiday. Before each afternoon session there will be dry land stretching exercises.

## **The sessions will focus on:**

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

## **Extra curricular activities included**

Although training is the most important aspect, CAMP Mallorca offers so much more! Outside of training we have a fun filled schedule with lots of fun activities including;

- Kayaking.
- Beach games.
- Table tennis tournament.
- Football tournament.
- A camp quiz.
- The world famous BEST Centre Biathlon.
- Nutrition talk, cooking lesson and team meal.
- And an awards ceremony and talent show on the final night.

# ITINERARY

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

Please note that other than by special request there are no swim sessions on both arrival and departure days.

As you can see, we ensure that swimmers have plenty of free time after dinner to relax, socialise and contact home. There is also an evening trip to the delicious local ice-cream shop included!

## Fancy doing more than one camp?

Why not stay for longer! As you can see, our camps are all back-to-back, making the transition from one camp to the next as smooth as possible.

Also, if you book two or more camps, you will receive a 5% discount for any additional camp.

### Example itinerary for a typical 7-day camp:

	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DEPARTURE
MORNING	CHECK-IN	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	BIATHLON	CHECK-OUT
AFTERNOON	CHECK-IN	2H SWIM SESSION	FOOTBALL TOURNAMENT	2H SWIM SESSION	AQUALAND	2H SWIM SESSION	2H SWIM SESSION	CHECK-OUT
EVENING	WELCOME	BOARDWALK AND ICE-CREAM TRIP	CAMP QUIZ	BEACH ULTIMATE FRISBEE	NUTRITION TALK, COOKING CLASS AND TEAM MEAL	KAYAKING	AWARD CEREMONY & TALENT SHOW	

### Example itinerary for a typical 10-day camp:

	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DEPARTURE
MORNING	CHECK-IN	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	2H SWIM SESSION	BIATHLON	CHECK-OUT
AFTERNOON	CHECK-IN	2H SWIM SESSION	BEACH GAMES	2H SWIM SESSION	FOOTBALL TOURNAMENT	2H SWIM SESSION	AQUALAND	2H SWIM SESSION		2H SWIM SESSION	CHECK-OUT
EVENING	WELCOME	BOARDWALK AND ICE-CREAM TRIP	CAMP QUIZ	BEACH ULTIMATE FRISBEE	NUTRITION TALK, COOKING CLASS AND TEAM MEAL	KAYAKING		MOVIE NIGHT	GAMES NIGHT	AWARD CEREMONY & TALENT SHOW	

# ADDITIONAL INFORMATION



## SWIMMING EQUIPMENT NEEDED

- Hat, goggles and swimsuits.
- Fins.
- Snorkel.
- Water bottle.

Feel free to bring your own, or buy any of the above here at The BEST Centre on arrival. We sell Finis Zoomers or Z2, Finis snorkels, a range of mirrored and tinted goggles, and BEST Centre hats, swimsuits and bottles!

We have plenty of kick boards and pull buoys so there is no need to bring them, but don't forget to bring high protection, waterproof sun cream (we recommend factor 50!).

## ADDITIONAL HOLIDAYS

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

## INSURANCE

All participants will need to book their own insurance and show proof of insurance prior to the holiday start date.



# BLUE WATER HOTEL

Swimmers will stay in the 3-star Bluewater sport hotel, which is owned by the BEST Centre and is located just a 5 minute walk from the pool. The hotel often accommodates for different teams and national teams attending swimming camps at The BEST Centre.

## Meals

The swimmers will be eating breakfast, lunch and dinner in the hotel every day. We ensure that all swimmers are fed well, and have healthy options at every meal. Water is included with every meal, and other drinks are available at an additional cost.

We have a wide variety of dishes, with international cuisine and a variety of dishes typical of Mallorca. The buffet style restaurant ensures that the tastes of our most demanding customers are catered for and satisfied.

Swimmers may bring snacks with them to keep in their rooms, however please be aware refrigerators are not available.

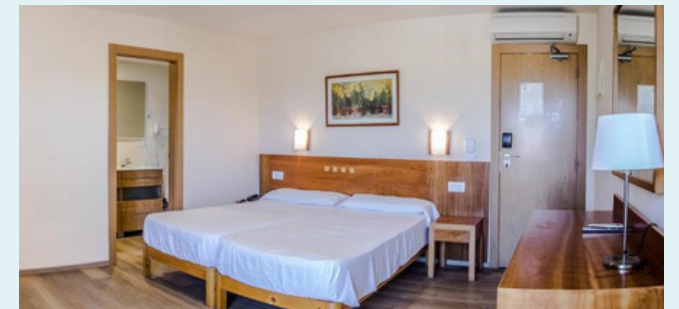
## Food allergies

Let us know prior to your arrival if you have any allergies, so that we can cater for this. Please note that our monitors will be with the swimmers at all meal times and will be happy to help them go through their food options.

## ADDRESS

**BLUEWATER**  
*Hotel*

Passeig de la Rosa, 14  
07638 – Colònia Sant Jordi (Mallorca)



# PRICES

The costs for CAMP Mallorca are detailed below and include the following:

- 18 hours of swimming in the BEST Centre pool.
- 7 / 10 nights full board accomodation.
- 24 hours on site monitors.
- BEST Centre T-shirt, hat and bottle.
- BEST Centre Certificate.
- All activities (except language lessons and Aqualand).

A 400 euros per person deposit for 7 days camp and 500 euros deposit for a 10 day camp 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.

## CAMP PRICES

### 7 Days - Camp + Accomodation in Blue Water Hotel

• **Early Bird Price\*: 826€**

· Standard Price: 875€

· Deposit: 400 €

### 10 Days - Camp + Accomodation in Blue Water Hotel

• **Early Bird Price\*: 1020€**

· Standard price: 1090€

· Deposit: 500 €

\*for TOTAL AMOUNTS paid before December 31st, 2022.

The first day is arrival day and the last day is departure day. Please note that there is no swimming on either of these days. For example 2nd – 9th August holiday, the swim sessions will run 3rd – 8th July so you can arrive and depart whenever suits you on the 2nd and the 9th.

### SIBLING DISCOUNT

#### 5% OFF TOTAL COST

For those families who book with two or more immediate family participants. (Cousins do not qualify). The first participant pays full price and all other siblings receive the 5% off.

### RETURNERS DISCOUNT

#### 50€ OFF

And if you bring a friend:

- **1 friend = 50€ off**
- **2 friends = 100€ off**
- **3 friends = 150€ off**

### GROUPS DISCOUNT

- **5% OFF**  
for a group of 5 swimmers
- **10% OFF**  
for a groups of 10 swimmers
- **15% OFF**  
for a group of 15 swimmers

### WEEK DISCOUNT

You will receive a 5% discount for every additional camp you book, so why not stay for longer.



# 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."

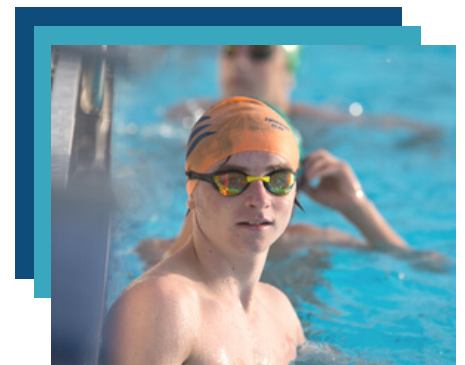
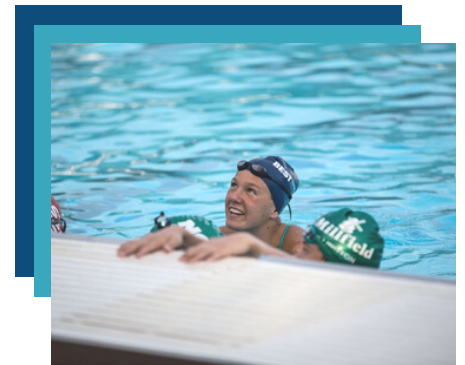
**Ciurleo family.**

"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.**



# FREQUENTLY ASKED QUESTIONS

## GENERAL

### 1. What age and standard do my children have to be for Camp Mallorca?

We cater for swimmers from ages 12 – 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.

### 2. What other activities will my children do?

We have kayaking, football, table tennis, a quiz, a nutrition talk, cooking lesson and team meal, 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! There will also be additional monitor-led activities and an optional excursion available.

### 3. Will my child be supervised at all times?

Yes. Swimmers will be in a group with a monitor who is accountable for them at all times.

### 4. Can parents come?

Yes, parents are welcome to stay in the town or in another part of the island. They will not be able to stay in the Residencia. Please email us if you would like to know hotel offers and ideas for your stay in the beautiful island of Mallorca.

### 5. How much spending money should I send with my swimmer?

As all meals and water for the meals are included in the price, swimmers only need money for additional drinks (water can be purchased for training at the pool for 1 euro for a 1.5l bottle), snacks and presents.

### 6. Will my kids have fun?

We guarantee it!

### 7. Are the swimmers allowed to go out or to the beach/supermarket by themselves?

Yes, but at the discretion of the monitors. If swimmers go out by themselves they need to ensure they have their mobile with them.

### 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 it possible to stay extra nights or two or more holidays?

Yes it is possible to stay extra nights. It is also possible to stay more than one holiday and each subsequent holiday will receive a discount.

### 10. 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.

### 11. Is it possible to join a holiday after the start date or cross between holidays?

Although not ideal, it is possible.

## TRAINING

### 12. What type of training will my children be doing?

Within the sessions we have a focus on 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.

### 16. How many swimmers will there be in each lane?

This really depends on the numbers of swimmers. Typically, there are around 6 swimmers in each 50m lane.

### 17. What is the swimmer to coach/monitor ratio?

This also depends on the number of swimmers, but the ratio is typically 10 swimmers or less to 1 coach/monitor.

### 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.

# FREQUENTLY ASKED QUESTIONS

## **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.

## **PAYMENT**

### **21. Are there any discounts?**

Please read page 11.

### **22. Can I pay by cheque?**

If you have a euro account, you can pay by cheque in euros.

### **23. What is the easiest and cheapest way to pay in euros?**

We have partner foreign exchange companies you can use to make the payment to us, which guarantee better rates than the banks.

## **COLÒNIA SANT JORDI AND TRAVEL**

### **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 Colònia Sant Jordi?**

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 6), for more information.

### **26. Will the swimmers be accompanied to and from the airport?**

Yes, our monitors can meet the swimmers at the airport to take them to their accommodation and accompany them back to the airport on their departure day. Please request this at the time of booking.

### **27. How far is the pool from the BlueWater Hotel?**

The hotel is just under a 10-minute walk from to the pool.

### **28. Do you organise flights?**

No, we are not a flight agency so we do not book flights.

### **29. How many airports are there in Mallorca?**

Only one, Palma de Mallorca airport (Son Sant Joan, PMI).

## **ACCOMMODATION**

### **30. Can I request a roommate?**

Yes. When registering online, simply indicate the preferred roommate in the appropriate space provided and we will do our very best to accommodate everyone, but please understand that we cannot 100% guarantee it. Both swimmers must make requests at the time of registration. No last minute additions/changes can be honoured.

### **31. What if I lose my room key during camp?**

There is a 20 euro fee for a key lost during camp.

## **CONTACT, EMERGENCY AND MEDICAL QUESTIONS.**

### **32. 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.

### **33. Will my child have a telephone in their room?**

No there will not be a telephone in the room, although swimmers are allowed their mobile phones.

### **34. Who can I contact in case of an emergency?**

In case of emergency you can contact BEST Centre at (00) +34 971656560 or the Bluewater hotel on (00) +34 971655347.

### **35. Medicine and Medical Personnel.**

We will have a certified physio and medic on call during the camp. If your swimmer is on medication, please contact us before camp starts so we are aware. Controlled substances will be maintained by staff and dispensed as indicated. You must provide a medical release for administering of medicine.

# 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!



## TOP ATHLETES - VISITS

- **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.**

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.



### 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.



# LOCATION

## COLÒNIA SANT JORDI

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.



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!

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.

## TRANSFERS AIRPORT – BEST CENTRE SPORTS

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

- 1-4 people - 71 euros one-way.
- 5-7 people - 127 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 hiring a car at the airport. Here are the directions to the BEST Centre if you choose 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 Rодаa and this will take you to the BEST Centre.

## ADDRESS



## BEST CENTRE SPORTS

Carrer Rодаa, 35.

07638 – Colònia de Sant Jordi.

Mallorca.





# BEST CENTRE SPORTS *Mallorca*

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