



BEST CENTRE SPORTS
Mallorca

MASTERS CLINICS 2023

May 7th - 14th

June 18th - 25th

September 10th - 17th

October 1st - 8th

Colònia de Sant Jordi · Mallorca

info@bestcentresports.com · www.bestcentresports.com

INDEX

MASTERS CLINICS INFORMATION

WHAT'S INCLUDED

DATES

ADDITIONAL INFORMATION

PRICES

TESTIMONIALS

BEST CENTRE FACILITIES

THE POOL

THE GYM

LOCATION

COLÒNIA DE SANT JORDI

BEACHES

GETTING HERE



MASTERS CLINICS

Our MASTERS Clinics run regularly throughout the year, offering swimmers the opportunity to develop their strokes in an informal, fun and encouraging environment. Over the last ten years, our clinics have brought together swimmers from across the world, drawn to the BEST Centre to not only improve their ability in the water, but to enjoy the company of a community of like-minded individuals, developing friendships along the way.

Run by BEST Centre Coaches, our MASTERS Clinics offer personalised coaching for both Masters swimmers and Triathletes. Book in for a week of technique or stamina work, or if you are in the area you can drop by and join in a coached session every day.

Please note that spaces are limited on each of the clinics, but remember, if you have a group of Masters or Triathletes that want to come out and you would like us to do the coaching, just let us know the dates and we will put a clinic together for your group



DATES

May 7th - 14th

June 18th - 25th

September 10th - 17th

October 1st - 8th

“Please note that the first and last day of each clinic is arrival and departure day and there is no swimming those days. Swimmers signed up to the clinic can swim for free on arrival and departure days in public lanes of the pool.

ADDITIONAL INFORMATION

INSURANCE

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

WHAT'S INCLUDED

The MASTERS Clinics will be run by one or more of the BEST Centre coaches. Our personable and approachable coaching team has vast experience in both triathlon and competitive swimming, combining to guarantee that every swimmer will be able to benefit from a personalised experience.

Throughout every session there will be stroke development, technique work, detailed explanations, opportunities to challenge yourself, as well as lots of laughs.

The sessions will include:

- Pre-pool activation including core exercises.
- Drills and technique work.
- Race preparation.
- Individual suggestions.
- Optional challenge sets.
- Dives, starts and turns development.
- Aerobic development.

PRICES

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

DISCOUNT-BOOKING CODES

Send us proof of use of a hotel booking code and GET AN EXTRA
10% OFF your total child swim and parent activity cost!

10%

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.

REFUNDS

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

PRICES

SWIM ONLY - 7 DAYS CLINIC

650 Euros

Deposit: 300 Euros per person

MULTI-WEEK DISCOUNT

5% OFF

for every additional week

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

BOOK NOW

ACCOMODATION DISCOUNTS - 2023

PLEASE USE OUR BOOKING CODES FOR THE GUARANTEED BEST HOTEL RATES!
SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND GET AN EXTRA 10% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!

ACCOMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
BLAU CLUB COLÒNIA RESORT & SPA ****	5%	FSHBLAU2023	WWW.BLAUHOTELS.COM
THB SUR MALLORCA Hotel ****	7,5%	FSHSUR2023	WWW.THBHOTELS.COM
Universal HOTEL ROMÁNTICA ***	7,5%	UNIVERSALBEST23	WWW.UNIVERSALHOTELS.ES
ISLA CABRERA Apartments ****	5%	FSHISLACABRERA2023	WWW.HOTELISLACABRERA.COM
VILLA PICCOLA Apartments ****	3,5%	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	WWW.VILLAPICCOLA.COM

ACCOMODATION DISCOUNTS - 2023

ACCOMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
HONUCAI Hotel ****	5%	BESTFEST5	WWW.HOTELHONUCAI.COM
Apartamentos POSIDONIA ****	2,5%	BEST	WWW.APARTAMENTOSPOSIDONIA.COM
Universal HOTEL DON LEÓN ****	7,5%	UNIVERSALBEST23	WWW.UNIVERSALHOTELS.ES
Universal HOTEL MARQUÉS ****	7,5%	UNIVERSALBEST23	WWW.UNIVERSALHOTELS.ES
Hotel EL COTO *****	BEST PRICE GUARANTEE	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	WWW.HOTELELCOTO.ES
SES ROTES DE SA TALAIA House	BEST PRICE GUARANTEE	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	
DALT VILA House	BEST PRICE GUARANTEE	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	

TESTIMONIALS

Amazing training camp with great coaches! Gentle and technical! A great swimmers' team, it's fun and we have an amazing time. Thanks!

Luc C

The Masters clinic was not only a great environment for learning technique, it was coupled with making great friends. The coaches are real enthusiasts which showed in the vibe of every session!

Adam B

Always bring a second suitcase to bring back all the good advice, good memories and excellent exercises to do again and again!

Sami T

Having attended hugely fun Masters clinics over three consecutive years and booking again for 2023, you can expect first class drills, technique and instruction from the experts who themselves have all competed at an international level.

Sam W

I've been to the Masters camp many years now and still learn something new each time.

Mirjam B

Drills, drills and more drills. Exactly what I don't get in my Masters club, famed for its mileage. 2-4 hours a day seems a lot but as it focuses on technique it is achievable! Many repeat offenders attend which is a testament in itself.

Melissa S

A group with all levels of swimming ability. Everyone is taken back to the basics with great drills to enable better feel and catch the water. Fun!

Michael F

A good mix of hard work, working on all four strokes, some core strength and then some socialising in our free time.

Judy T

Was a challenging and fun week. The staff were very friendly and helpful with advice and tips to improve the strokes after being away from the pool for so long. Also a place to enjoy a holiday and the free time.

Robert

Challenging and fun! Coaches and sessions alike.

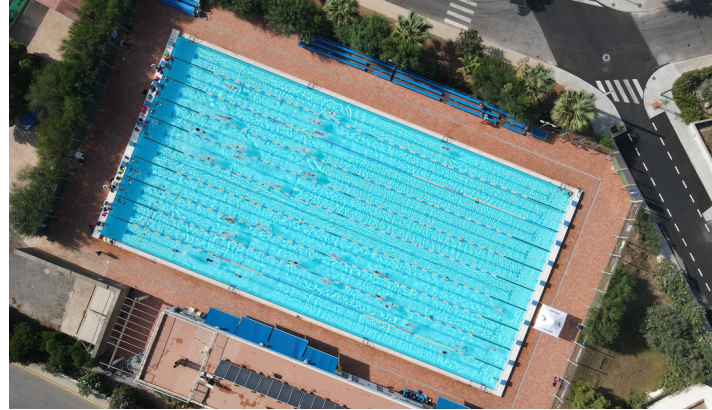
Kate C



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 Rода and this will take you to the BEST Centre.

ADDRESS



BEST CENTRE SPORTS

Carrer Rода, 35.

07638 – Colònia de Sant Jordi.

Mallorca.





BEST CENTRE SPORTS *Mallorca*

info@bestcentresports.com

+ 34 971 65 65 60

www.bestcentresports.com



[www.facebook.com/
bestcentresports](http://www.facebook.com/bestcentresports)



[www.instagram.com/
bestcentresports](http://www.instagram.com/bestcentresports)