



BEST CENTRE SPORTS
Mallorca

TRAINING WEEKS 2023

24 March-30 April

28 May-4 June

12 June-2 July

1 October-30 October

Colònia de Sant Jordi • Mallorca

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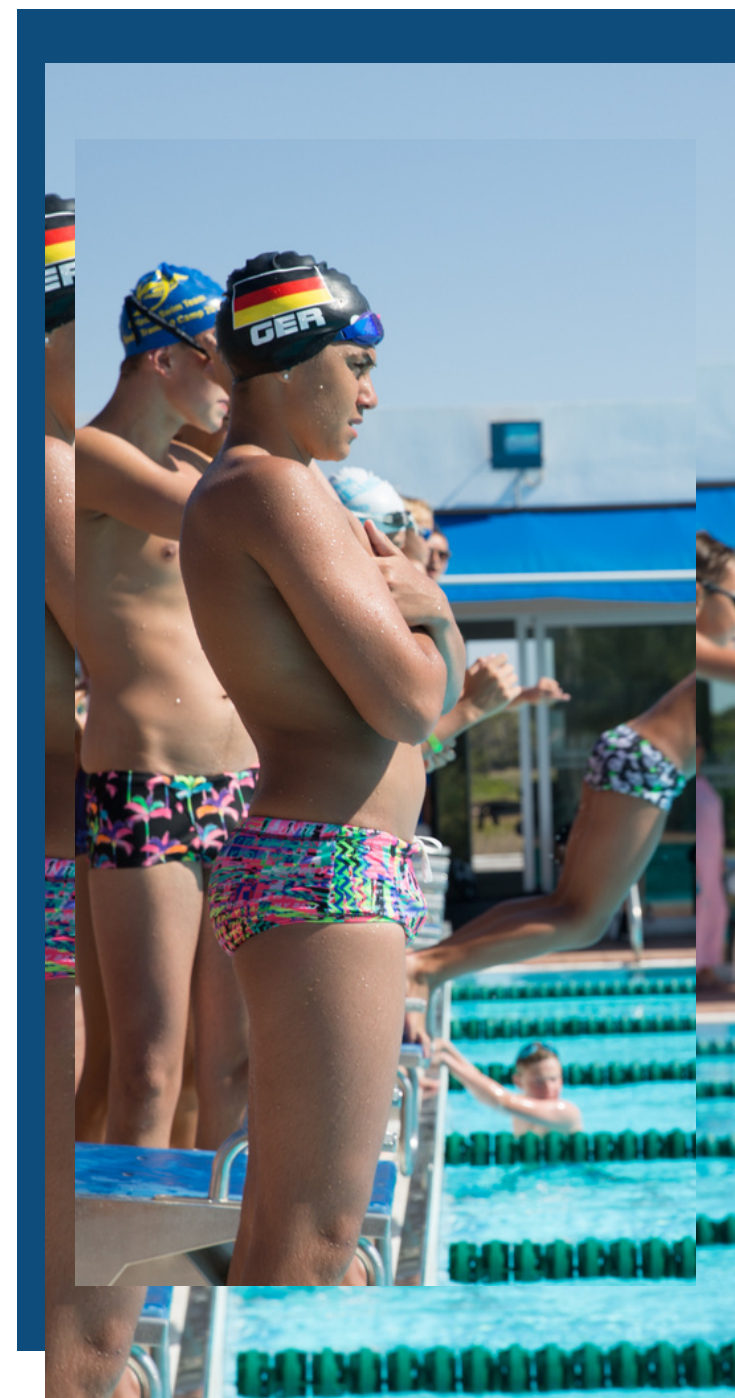
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COLÒNIA DE SANT JORDI

BEACHES

GETTING HERE





TRAINING WEEKS

Due to popular demand on our Family Swim Holidays the past 14 years, we have introduced our Training Weeks to suit as many people throughout the year as possible.

Our Training Weeks 2023 will take place at the 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 Training Weeks are designed for swimmers aged 10-21 years old, who are used to training regularly with a swim team, (please email us if you have any questions). The week will cater for all levels of swimmer from club swimmer to international standard.

At the BEST Centre, we recognise the importance of specific technique training for young swimmers, so we have designed our Training Weeks program to meet the needs of all. This year we are offering a large selection of dates throughout the year, from February to October.

The flexibility of our Training Weeks not only allows you to arrive and depart when it suits you best, but it also allows you to choose the exact duration of your training here at the BEST Centre.

DATES

24 March–30 April

28 May–4 June

12 June–2 July

1 October–30 October

ADDITIONAL INFORMATION

INSURANCE

Todos los participantes tendrán que reservar su propio seguro y mostrar una prueba del mismo antes de la fecha de inicio de las vacaciones.

WHAT'S INCLUDED

The holiday will comprise of 10 x 2 hour long course (50m) swimming sessions for a 7 day holiday. We will recommend sessions off in relation to the duration of each swimmers camp.

Although all sessions will be primarily focused on strength and speed work, technique work will be incorporated throughout, while we can also focus on anything specific to each individual swimmer.

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.

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 TO BRING

All swimmers will need to bring fins and snorkel. Either the beautiful sights of the island, or sit in the sun and watch your children train. 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.

PRICES

For 2023 we are offering a great new and cheaper way to book your accommodation. Use Prices our friendly Training Weeks booking codes to receive great discounts on the best hotels in Colònia Sant Jordi.

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.

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!

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

24 March–30 April

28 May–4 June

1 October–30 October

650€

(deposit 300 Euros)

12 June–2 July

600€

(deposit 300 Euros)

PLEASE NOTE PLACES ON THE APRIL AND OCTOBER TRAINING WEEKS SELL OUT FAST!

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

SIBLING DISCOUNT

15% OFF

MULTI-WEEK DISCOUNT

5% OFF

for every additional week.

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

"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.



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 – 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 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.
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