



BEST CENTRE SPORTS
Mallorca

FAMILY SWIM HOLIDAYS

**July & August
2024**

Colònia de Sant Jordi • **Mallorca**

info@bestcentresports.com • www.bestcentresports.com

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FAMILY SWIM HOLIDAYS

The "Family Swim Holidays" are an exciting getaway for the whole family that combines world-class swim training with expert coaches, fun and relaxation in a beautiful part of Europe.

Dive into the adventure, create unique life-long friendships with people from all over the world, enjoy fun family activities and improve your swimming technique.

The Family Swim Holidays take place at BEST Centre Sports, located in the beautiful city of Colònia Sant Jordi, in the extreme south of Mallorca, just minutes from some of the most impressive beaches in Europe.

The holidays are designed for swimmers from 6 to 18 years of age and suit all level of swimmers, from club swimmers to international level.

INFORMATION

Our goal is for each athlete 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!

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

July 2nd - 9th / 7 days.
July 9th - 19th / 10 days.
July 19th - 26th / 7 days.
July 26th - August 2nd / 7 days.
August 3rd - 10th / 7 days.
August 10th - 20th / 10 days.
August 20th - 30th / 10 days.

WHAT TO BRING

All swimmers must bring:
Fins and snorkel / Goggles / Swimsuit / Cap / High protection waterproof sun cream (FACTOR 50 recommended).

The Best Centre sells fins, snorkels and a full range of swim equipment.

WHAT'S INCLUDED

INCLUDED	SWIMMER	PARENT
9x2 or 13x2 hours of long course (50m) sessions with Olympic swimmers and experienced coaches	✓	
Land training and dry land sessions	✓	
Table Tennis tournament	✓	✓
The famous BEST Centre Biathlon	✓	✓
Exclusive lane for parents while the children swim and use of the gym.		✓
BEST Centre T-Shirt and cap	✓	
BEST Centre Certificate	✓	
Closing night award ceremony and talent show	✓	✓

GALLERY



SAMPLE 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 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	ACTIVITY	2H SWIM SESSION	AQUALAND OR BOAT TRIP	2H SWIM SESSION	2H SWIM SESSION	CHECK-OUT
EVENING	WELCOME		FAMILY QUIZ				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	ACTIVITY	2H SWIM SESSION	ACTIVITY	2H SWIM SESSION	AQUALAND OR BOAT TRIP	2H SWIM SESSION		2H SWIM SESSION	CHECK-OUT
EVENING	WELCOME		FAMILY QUIZ							AWARD CEREMONY & TALENT SHOW	

ADDITIONAL INFORMATION



1-2-1s

During the holiday we can organise 1-2-1 sessions of 30, 60 and 120 minutes with individual swimmers. As time is very limited during the week, it's best to book these in advance to avoid disappointment.

Contact: pamela@bestcentresports.com

SPECIAL FSH 1-2-1 prices:

30 minutes: 40€

1 hour: 65€

2 hours: 110€

VIDEO ANALYSIS

1 hour: 120€

2 hours: 180€

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 BLUE WATER ELITE SWIM TRAINING CENTRE SL.

PRICES

Use our friendly Family Swim Holiday booking codes to receive great discounts on the best hotels in Colònia Sant Jordi.

DISCOUNT- HOTEL BOOKING CODES

Send us proof of use of a **HOTEL BOOKING CODE** and **GET AN EXTRA 10% OFF** of your Family Swim Holidays!

BOOK HERE

**10%
OFF**

CANCELLATIONS

Your payment is fully refundable up to 60 days before the start day of the camp. Between 60 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.

7 Days Holiday:

Book before 31/12/23: 600€

Book after 31/12/23: 650€

(deposit 300€)

10 Days Holiday:

Book before 31/12/23: 790€

Book after 31/12/23: 850€

(deposit 400€)

For EARLY BIRD prices the entire amount needs to be received prior to 31/12/2023

Extra session prices: 45€

(Up to 3 sessions and valid only having stayed an entire holiday beforehand)

One-off session price: 72€

* The balance for your camp is due 60 days prior to the start date of the camp.

SIBLING DISCOUNT

- **2ª sibling: 20% OFF.**
- **3º sibling: 35% OFF.**
- **4ª & subsequent sibling/s: 60% OFF.**

RETURNER DISCOUNT

5% OFF

MULTI-WEEKS DISCOUNT

10% OFF

second
and more FULL weeks

ACCOMMODATION DISCOUNTS – 2024

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 “FAMILY SWIM HOLIDAYS”!

ACCOMMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
BLAU CLUB COLÒNIA RESORT & SPA ****	5%	FSHBLAU2024	WWW.BLAUHOTELS.COM
Universal HOTEL MARQUÉS ****	7,5%	UNIVERSALBEST24	WWW.UNIVERSALHOTELS.ES
Universal HOTEL GRAND LEÓN & SPA *****	7,5%	UNIVERSALBEST24	WWW.UNIVERSALHOTELS.ES
Universal HOTEL ROMÁNTICA ***	7,5%	UNIVERSALBEST24	WWW.UNIVERSALHOTELS.ES
Aparthotel & Hotel Isla de Cabrera ****	5%	FSHISLACABRERA2024	WWW.HOTELISLACABRERA.COM

ACCOMMODATION DISCOUNTS – 2024

ACCOMMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
HONUCAI Hotel ****	5%	BESTFEST5	WWW.HOTELHONUCAI.COM
Apartamentos POSIDONIA ****	2,5%	BEST	WWW.APARTAMENTOSPOSIDONIA.COM
VILLA PICCOLA Apartments ****	3,5%	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	WWW.VILLAPICCOLA.COM
EL COTO Boutique & Spa Hotel *****	BEST PRICE GUARANTEED	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	WWW.HOTELCOTO.ES
SES ROTES DE SA TALAIA House	BEST PRICE GUARANTEED	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	
DALT VILA House	BEST PRICE GUARANTEED	EMAIL US FOR YOUR RESERVATION 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."

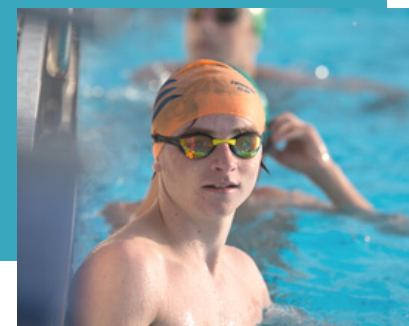
Ciurleo family.

"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.



FSH FAMILY



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

Testimonial

"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:

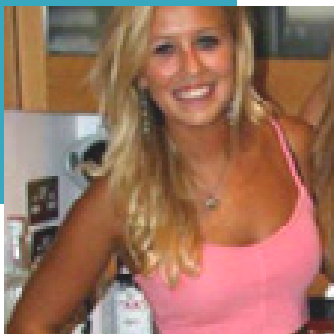
Eight, starting from age ten.

Current Education/Job Position:

Swimming at Loughborough University and studying International Business (BSc).

Testimonial

"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.

Testimonial

"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."

FSH FAMILY



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.

Testimonial

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



DANIELLE STIRRAT

Number of years on BEST Family Swim Holidays:

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

Current Education/Job Position:

Danielle is currently in her last year of university in America, at LSU, where she has continued to progress in her swimming.

Testimonial

"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."



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.

Testimonial

"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."

FREQUENTLY ASKED QUESTIONS

GENERAL

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 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.

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.

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

FREQUENTLY ASKED QUESTIONS

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?

All swimmers must bring: Fins and snorkel / Glasses / Swimsuit / Cap / High protection waterproof sun cream (FACTOR 50 recommended).

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.

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.

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 Mediterranean Sea. 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.

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. It's heated year round to a constant 27 degrees



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 Sjöström** - 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.

FACILITIES

THE GYM AND THE DRYLAND AREA

We have a fully equipped on-site gym as well as an outdoor dryland area for strength, power, mobility and flexibility exercises.

Strength machines, weights, kettle bells, squat racks, strength balls, mats... You can find everything you need to complement your training in the water.



Our modern facilities at the BEST Centre attract people and teams from around the world. Specifically, we have hosted thousands of swimming, water polo, triathlon and synchronized swimming teams from over 50 countries around the world.

The combination of our facilities and the peacefulness of Colònia Sant Jordi make the training camp perfect.



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

Getting here is easy. Whether by taxi, by private car or with a transfer service, the approximate travel time from Palma to Best Centre Sports is approximately 30/40 minutes.

Directions from Google Maps to get to BEST Centre, you can find them here:

[GOOGLE MAPS DIRECTIONS](#)

TRANSFERS SERVICE

We want to make your stay in Mallorca as comfortable as possible. For this reason, we offer you a transfer service from the airport to Colonia Sant Jordi or vice versa.

- 1-4 people - 75 euros each way.
- 5-7 people - 135 euros each way.

If you are a family of 8 or more people, please contact us to know the price of the transfer. You can book it at the following link or by sending an email to vanessa@bestcentresports.com

[BOOK](#)

ADDRESS



BEST CENTRE SPORTS

Carrer Roda, 35
07638 – Colònia de Sant Jordi,
Mallorca





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