



**BEST** CENTRE SPORTS  
*Mallorca*

# MASTERS CLINICS 2024

**April 14th-21st**  
**May 5th-12th**  
**June 16th-23rd**  
**September 15th-22nd**

**Colònia de Sant Jordi • Mallorca**

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# 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 15 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

**April 14th-21st**

**May 5th-12th**

**June 16th-23rd**

**September 15th-22nd**

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

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- HOTEL BOOKING CODES

Send us proof of use of a **HOTEL BOOKING CODE** and **GET AN EXTRA 10% OFF** of your Masters Clinics!

**BOOK HERE**

**10%  
OFF**

## **CANCELLATIONS**

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**

# 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 MASTERS CLINICS!

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

# ACCOMMODATION DISCOUNTS – 2024

ACCOMMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
HONUCAI Hotel ****	5%	BESTFEST5	<a href="http://WWW.HOTELHONUCAI.COM">WWW.HOTELHONUCAI.COM</a>
Apartamentos POSIDONIA ****	2,5%	BEST	<a href="http://WWW.APARTAMENTOSPOSIDONIA.COM">WWW.APARTAMENTOSPOSIDONIA.COM</a>
VILLA PICCOLA Apartments ****	3,5%	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	<a href="http://WWW.VILLAPICCOLA.COM">WWW.VILLAPICCOLA.COM</a>
EL COTO Boutique & Spa Hotel *****	MEJOR PRECIO GARANTIZADO	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	<a href="http://WWW.HOTELCOTO.ES">WWW.HOTELCOTO.ES</a>
SES ROTES DE SA TALAIA House	MEJOR PRECIO GARANTIZADO	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	
DALT VILA House	MEJOR PRECIO GARANTIZADO	EMAIL US FOR YOUR RESERVATION 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. 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 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.

# 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](mailto:vanessa@bestcentresports.com)

**[BOOK](#)**

## ADDRESS



## BEST CENTRE SPORTS

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Mallorca







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