

TRAINING WEEKS 2024

1-30 April
25 May-2 June
17 June-2 July
1 October-5 November

Colònia de Sant Jordi • Mallorca



INDEX

TRAINING WEEKS **INFORMATION**

[DATES](#)

[WHAT'S INCLUDED](#)

[EQUIPMENT NEEDED](#)

[ADDITIONAL INFORMATION](#)

[PRICES](#)

[HOTELS](#)

BEST CENTRE FACILITIES

THE POOL

THE GYM

LOCATION

COLÒNIA DE SANT JORDI

BEACHES

GETTING HERE





TRAINING WEEKS

Our Training Weeks 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 and 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.

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

1-30 April

25 May-2 June

17 June-2 July

1 October-5 November

ADDITIONAL INFORMATION

INSURANCE

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

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

We offer a great and cheaper way to book your accommodation. Use 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- HOTEL BOOKING CODES

Send us proof of use of a **HOTEL BOOKING CODE** and **GET AN EXTRA 10% OFF** of your Training Weeks.

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

1-30 April

25 May-2 June

1 October-5 November

17 June-2 July

650€

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.

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 TRAINING WEEKS COST!

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 *****	MEJOR PRECIO GARANTIZADO	EMAIL US FOR YOUR RESERVATION INFO@BESTCENTRESPORTS.COM	WWW.HOTELCOTO.ES
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	

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

[BOOK](#)

ADDRESS



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





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