FAMILY SWIM HOLIDAYS - 2018

Have a fabulous holiday while the kids train with Olympic swimmers.

Colònia Sant Jordi - Mallorca
PRESENTATION

After 13 years of successful Family Swim Holidays, we are proud to announce our 2018 Holiday Programme.

The Family Swim Holidays 2018 will take place at the fabulous 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 swim holiday is designed for swimmers aged 6-18 years old who are used to training regularly with a swim team (please email us if you have any questions). The holiday will cater for all levels of swimmer from club swimmer to international standard.
FOCUS

“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.”

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 14 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.

See why 85% of families return!

PARENTS

While the children are swimming, parents can relax on the beach or take in some of the beautiful sights on the island.

Parents can also swim while the kids train!

FACILITIES

Best Swim Centre

The BEST Centre, an outdoor 10 lane 50m dedicated training pool. It is the perfect site for swimming training camps for all levels of swimmer and Triathlete, from a local social club to national and Olympic teams.

The Gym

We know that a well equipped gym and plenty of space for land work is essential for a successful swim training camp. Parents can use the pool’s gym for free while the kids train.
LOCATION

Colònia Sant Jordi is one of the most beautiful places on the island and 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, nestled in the south east corner of the island in the municipality of 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!

GETTING HERE

Taxis. When you land at Palma airport, there are always plenty of taxis available and all will know your hotel in Colònia Sant Jordi. A single journey in a taxi will cost around 55 euros during the day, and a little more very late in the evening or during the night.

Car Hire. From Palma airport to the BEST Centre:

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 Llucmajor.

2. As you approach Llucmajor, 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 100m or so. Take the right hand turn after the hotel, Calle de Roada and this will take you to the BEST Centre.

From the BEST Centre to the airport and Palma town centre: Every road will take you out of Colònia Sant Jordi and you will pick up the signs to Palma as soon as you exit the town. You will pick up the yellow airport signs as soon as you pass Llucmajor on the Ma-19.
**THE 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. 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.

**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 to find 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 Dolc 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.
COST

The costs for this family holiday are detailed below (click on any of the dates on the right to go directly to the prices for each week) and include 7 or 10 nights of half-board accommodation at the hotel, coaching and pool fees.

A 150 euros per person deposit confirms your place on the camp, with the balance due 6 weeks prior to the holiday start date. Upon receipt of the booking request, participants will receive confirmation of their place in the camp. Once we receive your deposit, additional information will be sent to you concerning the camp. The BEST Centre reserves the right to change the hotel and training times in case of unforeseen circumstances.

WHAT’S INCLUDED

Sessions: The 9 x 2 or 14 x 2 hour swim sessions are specially designed for competitive swimmers aged 6-18 years of age. The sessions will include stroke technique and training sessions. There will also be dry land and aerobic sessions.

<table>
<thead>
<tr>
<th>WHAT’S INCLUDED</th>
<th>SWIMMER</th>
<th>NON-SWIMMER (under 16)</th>
<th>ADULT (16 and over)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9x2 hours or 14x2 hours of long course (50m) sessions with Olympic swimmer</td>
<td>☒</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Land training and dry land sessions</td>
<td>☒</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 or 7 nights, half board accommodation</td>
<td>☒</td>
<td>☒</td>
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<tr>
<td>On-site rep</td>
<td>☒</td>
<td>☒</td>
<td>☒</td>
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<tr>
<td>Table Tennis tournament</td>
<td>☒</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>5-side Football tournament</td>
<td>☒</td>
<td>☒</td>
<td>☒</td>
</tr>
<tr>
<td>The now famous BEST Centre Biathlon</td>
<td>☒</td>
<td></td>
<td>☒</td>
</tr>
<tr>
<td>The Parents’ BEST Centre Biathlon</td>
<td></td>
<td>☒</td>
<td></td>
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<tr>
<td>Dedicated parents’ lane while kids are swimming and use of gym</td>
<td></td>
<td></td>
<td>☒</td>
</tr>
<tr>
<td>BEST Centre T-Shirt</td>
<td>☒</td>
<td>☒</td>
<td></td>
</tr>
<tr>
<td>BEST Centre cap</td>
<td>☒</td>
<td>☒</td>
<td></td>
</tr>
<tr>
<td>BEST Centre Certificate</td>
<td></td>
<td>☒</td>
<td></td>
</tr>
<tr>
<td>Closing night award ceremony and talent show!</td>
<td>☒</td>
<td>☒</td>
<td></td>
</tr>
</tbody>
</table>

Note: A non-swimmer child is aged 15 or under.

DATES 2018

» May 26th - June 2nd .................................................................. 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 will need to bring fins and snorkel. Either 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.

What to Bring

<table>
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<td>high protection sunscreen at FACTOR 50.</td>
</tr>
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</table>

Book Your Family SWIM Holiday Now!

To book your place on the Family SWIM Holiday, please complete the form you will find here.
**Prices** - Choose carefully the dates of your convenience detailed on each table.

The first day is arrival day and the last day is departure day.

### 7 Days FSH - Dates 2018

<table>
<thead>
<tr>
<th>May 26th - June 2nd, 2018</th>
<th>Prices</th>
<th>Swimmer</th>
<th>Non-Swimmer (under 16)</th>
<th>Adult (16 and over)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blau Club Colonia Hotel</strong></td>
<td>Early booking before Dec 31st</td>
<td>770 €</td>
<td>670 €</td>
<td>730 €</td>
</tr>
<tr>
<td><strong>Hotel Sur Mallorca</strong></td>
<td>Early booking before Dec 31st</td>
<td>660 €</td>
<td>560 €</td>
<td>620 €</td>
</tr>
<tr>
<td><strong>Hotel Romantica</strong></td>
<td>Early booking before Dec 31st</td>
<td>640 €</td>
<td>540 €</td>
<td>600 €</td>
</tr>
<tr>
<td><strong>Isla Cabrera Apartments</strong></td>
<td>Early booking before Dec 31st*</td>
<td>680 €</td>
<td>580 €</td>
<td>640 €</td>
</tr>
</tbody>
</table>

Early booking prices for deposits received before Dec 31st 2017.

### 10 Days FSH - Dates 2018

- **July 9th - 19th, 2018**
- **August 10th - 20th, 2018**
- **August 20th - 30th, 2018**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Swimmer</th>
<th>Non-Swimmer (under 16)</th>
<th>Adult (16 and over)</th>
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</thead>
<tbody>
<tr>
<td><strong>Blau Club Colonia Hotel</strong></td>
<td>Early booking before Dec 31st</td>
<td>1.110 €</td>
<td>1.000 €</td>
</tr>
<tr>
<td><strong>Hotel Sur Mallorca</strong></td>
<td>Early booking before Dec 31st</td>
<td>1.000 €</td>
<td>870 €</td>
</tr>
<tr>
<td><strong>Hotel Romantica</strong></td>
<td>Early booking before Dec 31st</td>
<td>915 €</td>
<td>795 €</td>
</tr>
<tr>
<td><strong>Isla Cabrera Apartments</strong></td>
<td>Early booking before Dec 31st*</td>
<td>1.015 €</td>
<td>905 €</td>
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</tbody>
</table>

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Book Your Family SWIM Holiday Now!

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### May 26th - June 2nd, 2018

<table>
<thead>
<tr>
<th>Rooming</th>
<th>BLAU CLUB COLONIA HOTEL*</th>
<th>HOTEL ROMÁNTICA*</th>
<th>HOTEL SUR MALLORCA*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family of 2</td>
<td>2 people in a twin half board</td>
<td>76 euros*</td>
<td>56 euros*</td>
</tr>
<tr>
<td>Family of 3</td>
<td>2 people in a Junior Suite half board</td>
<td>90 euros*</td>
<td>---</td>
</tr>
<tr>
<td>Family of 4</td>
<td>3 people in a triple half board</td>
<td>74 euros*</td>
<td>52 euros*</td>
</tr>
<tr>
<td>Family of 5</td>
<td>3 people in a Junior Suite half board</td>
<td>87 euros*</td>
<td>---</td>
</tr>
<tr>
<td>Family of 6</td>
<td>4 people in a Junior Suite half board</td>
<td>84 euros*</td>
<td>---</td>
</tr>
<tr>
<td>ISLA CABRERA APARTMENTS*</td>
<td>2 people in an apartment</td>
<td>76 euros*</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>3 people in an apartment</td>
<td>70 euros*</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>4 people in an apartment</td>
<td>66 euros*</td>
<td>---</td>
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</tbody>
</table>

### July 9th - August 30th, 2018

<table>
<thead>
<tr>
<th>Rooming</th>
<th>BLAU CLUB COLONIA HOTEL*</th>
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<th>HOTEL SUR MALLORCA*</th>
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<tr>
<td>Family of 2</td>
<td>2 people in a twin half board</td>
<td>93 euros*</td>
<td>66 euros*</td>
</tr>
<tr>
<td>Family of 3</td>
<td>2 people in a Junior Suite half board</td>
<td>110 euros*</td>
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<tr>
<td>Family of 4</td>
<td>3 people in a triple half board</td>
<td>90 euros*</td>
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</tr>
<tr>
<td>Family of 5</td>
<td>3 people in a Junior Suite half board</td>
<td>106 euros*</td>
<td>---</td>
</tr>
<tr>
<td>Family of 6</td>
<td>4 people in 2 x twins half board</td>
<td>103 euros*</td>
<td>---</td>
</tr>
<tr>
<td>ISLA CABRERA APARTMENTS*</td>
<td>2 people in an apartment</td>
<td>106 euros*</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>3 people in an apartment</td>
<td>88 euros*</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>4 people in an apartment</td>
<td>82 euros*</td>
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</tr>
</tbody>
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### Rooming allocations and supplements, MAY 26th - JUNE 2nd

**BLAU CLUB COLONIA HOTEL***

| Family of 2 | A twin room. Or alternatively a Junior Suite (bedroom and living room with bed) for an additional supplement of 17 euros* |
| Family of 3 | 3rd bed in a large twin room (triple room). Or alternatively a Junior Suite (bedroom and living room with bed) for a supplement of 36 euros per ROOM per night |
| Family of 4 | 2 twin rooms or a Junior Suite (no supplement and recommended for younger children). |
| Family of 5 | Triple and a twin room. |
| Family of 6 | 2 triple room. |
| Family of 7 | 2 Junior Suites. |

**ISLA CABRERA APARTMENTS***

| Family of 4 in an apartment | no supplement |
| Family of 3 in an apartment | 15 euros* |
| Family of 2 in an apartment | 24 euros* |

### Rooming allocations and supplements, JULY and AUGUST

**BLAU CLUB COLONIA HOTEL***

| Family of 2 | A twin room. Or alternatively a Junior Suite (bedroom and living room with bed) for an additional supplement of 21 euros* |
| Family of 3 | 3rd bed in a large twin room (triple room). Or alternatively a Junior Suite (bedroom and living room with bed) for a supplement of 46 euros per ROOM per night |
| Family of 4 | 2 twin rooms or a Junior Suite (no supplement and recommended for younger children). |
| Family of 5 | Triple and a twin room. |
| Family of 6 | 2 triple room. |
| Family of 7 | 2 Junior Suites. |

**ISLA CABRERA APARTMENTS***

| Family of 4 in an apartment | no supplement |
| Family of 3 in an apartment | 30 euros* |
| Family of 2 in an apartment | 36 euros* |

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**You are welcome to stay extra nights before or after the holiday.**

*Prices are in euros per person per night.

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**EXTRA NIGHT PRICES - MAY 26th - JUNE 2nd, 2018**

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<thead>
<tr>
<th>May 26th - June 2nd, 2018</th>
<th>BLAU CLUB COLONIA HOTEL*</th>
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<td>84 euros*</td>
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</tr>
</tbody>
</table>

**ISLA CABRERA APARTMENTS***

| Family of 2 in an apartment | 76 euros* |
| Family of 3 in an apartment | 70 euros* |
| Family of 4 in an apartment | 66 euros* |

**EXTRA NIGHT PRICES - JULY & AUGUST, 2018**

<table>
<thead>
<tr>
<th>July 9th - August 30th, 2018</th>
<th>BLAU CLUB COLONIA HOTEL*</th>
<th>HOTEL ROMÁNTICA*</th>
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**ISLA CABRERA APARTMENTS***

| Family of 2 in an apartment | 106 euros* |
| Family of 3 in an apartment | 88 euros* |
| Family of 4 in an apartment | 82 euros* |

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**Book Your Family SWIM Holiday Now!**

To book your place on the Family SWIM Holiday, please complete the form you will find here.
DISCOUNTS: If you are a family of 5 or more people, the first four people pay the usual price, and each person after that receives a 5% discount off the lowest priced person in the family, i.e. a family of 5 will receive a 5 percent discount off a non-swimming child or an adult. (Note: A non swimming child is aged 16 or under).

CANCELLATIONS: Any cancellations up to March 6th 2018 will incur a 30 percent loss of deposit. Cancellations after April 6th 2018 will incur a 100 percent loss of deposit.

ADDITIONAL HOLIDAYS: If you book two or more holidays you will receive a 5 percent discount on the cost of your second holiday.

TRANSFERS: Transfers from the airport to the hotel are not included in the price. However, the BEST Centre, out of the kindness of its heart, will organise a limited number of bus transfers on the arrival and departure days. The times of these buses will be forwarded to everyone attending the camp about 10 days in advance of arrival.

Please note that while we will do our best to organise the transfers to benefit as many families as we can, we can’t do transfers for everyone. To make your own way to Colònia Sant Jordi, we recommend a taxi at the airport or hiring a car. We also book separate transfers at an extra cost.

A taxi to the Colònia Sant Jordi, will cost around 65/70 euros and taxis are available as you exit the main airport building on arrival.

Car hire can be pre-booked and collected on arrival at the airport. If you hire a car, we have driving directions here.

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

We have a choice of four great family hotels that will suit everyone. The hotels all have their own outdoor pools and relaxation areas and a terrific buffet breakfast and dinner. The 4 star Club Colonia Blau hotel and Spa while the 3 star Hotel Romantica is on the coast, and the 4 star Isla Cabrera Apartments, are a short walk from the beach. The 4 star Sur Mallorca is directly on the coast.

BLAU CLUB COLONIA RESORT & SPA ****

Numerous patios, tranquil gardens, fountains and beautiful lakes are located throughout the premises of Colònia Sant Jordi. Children will enjoy the large pine forest and special facilities designed especially for them. Discover our wide range of leisure and sports activities for adults. Blau Club Colonia Resort & Spa has ISO 14001 international certification showing our commitment to the environment and ISO 9001 for quality.

Discover and enjoy all facilities and services available in Blau Club Colonia Resort & Spa:

- 1 Buffet Restaurant.
- 1 Pizzeria Restaurant.
- 2 Bars.
- 1 Pool Bar.
- 2 Outside Pool.
- 1 Inside Pool in the Spa.
- 1 Splash Pool for children.
- Garden, Park and play zone for children.
- Free access to spa.
- Free access to sport facilites
- Gym and fitness zone
- Animation and activities during day and night.
- Live music and shows.
- Free wifi in all resort.
- Pool towels (with deposit).
- Free shuttle to the beach.

Sports facilities include:
- 7 clay tennis courts.
- Multi-purpose court for volleyball and five-a-side football.
- Splash Pool.
- Aerobics & Gymnastics and aqua aerobics with instructor.
- Bowls.
- Darts, archery and shooting.
- Table tennis.
- Fitness room with modern equipment.
- Spinning facilities.

www.blauhotels.com
HOTEL ROMÁNTICA ***

Children have a wonderful time here. A large garden, a children’s splash pool and a crèche all guarantee quality holidays for young and old alike. The most beautiful sandy beach on Mallorca is a few minutes’ walk away and the nearby village and port of Colònia de Sant Jordi stands out for its quiet, family atmosphere, inviting one to stroll and relax. In the Romántica, families feel good.

Services and Facilities:
» 24h Reception.
» Medical Service.
» Pool towels (charge).
» WIFI (charge).
» Internet corner (charge).
» Parking nearby.
» Laundry service (charge).
» Conference room / TV.
» Outdoor pool.

Entertainment and Family Services:
» Evening entertainment.
» Nightclub/DJ.
» Entertainment staff.
» Kids’ club.
» Children’s playground.
» Children’s pool.
» Guided hiking tours (in may).

Reception Services:
» Tour desk.
» Currency exchange.
» Luggage storage.
» Reservation of loungers (with charge).
» Late Chec-Out (with charge).

www.hotelromantica.com
**ISLA CABRERA APARTMENTS ****

The Aparthotel Isla Cabrera is the ideal vacation spot for families with children or in general for anyone looking for a quiet atmosphere.

It’s situated in an ideal place of Colonia Sant Jordi. Just 100 meters from the port, the center of Colonia Sant Jordi, from where it begins an extensive natural and protected area (S’Avall) in whose coastline of 15 miles in length you’ll find some virgin beaches.

**Bar Restaurant.** The Aparthotel Isla Cabrera has 3 bars: one serves snacks and the other two are located next to the pools so you can make your favorite cocktail in your moments of relaxation.

Enjoy abundant and varied breakfast and dinner in our buffet restaurant with outdoor terrace and Show Cooking. Once a week gala dinner is offered and, on another occasion, theme buffet Mallorca, where you can enjoy the specialties of the Island. In the buffet you’ll also find a special section for the youngest of the family.

**Relax & Entertainment.** To ensure that at all times to be possible to spend a pleasant and enjoyable time during your holiday in Aparthotel Isla Cabrera, we offer all our guests:

- Three pools, two with special area for children, and one with Jacuzzi and wave.
- Spa & Wellness center with Jacuzzi and Steam Bath.
- Fitness, Massages, fee.
- Hiking, according to seasons. There are free walking tours, where you can learn more around the Colonia Sant Jordi.
- Billiards, Table tennis, Paddle, Bicycle Rental.
- At night, dance with live music twice a week.

**Specially for your Children.** In Aparthotel Isla Cabrera also the youngest of the family will spend some unforgettable moments. Especially for them, we provide:

- Mini-club for children aged 2 to 12, with playground.
- Mini Disco.
- Special buffet for kids at dinner.

www.hotelislacabrera.com
Hotel THB Class Sur Mallorca is a 4-star hotel of 198 rooms with spectacular views of the sea situated in the renowned area of Colonia de Sant Jordi, Majorca.

In coexistence with beaches and coves of the highest category such as Es Trenc and Es Carbó, our Hotel THB Sur Mallorca is an ideal choice for those seeking to discover this picturesque part of the island.

The establishment boasts a full range of services to ensure an unforgettable stay for families, groups and couples. In addition, our sports facilities and other alternatives offered in the area, make THB Class Sur Mallorca an excellent alternative for lovers of sport and adventure. Find out everything we have to offer you!

**Services.** Situated on the very seafront and enjoying spectacular views, the Hotel THB Class Sur Mallorca is a 4-star hotel with modern facilities that guarantee a wonderful holiday with family, friends, in a group or as a couple.

**Animation.** Our entertainment team will make your experience at THB Class Sur Mallorca unforgettable, both for child and adults!

**Massage.** In THB Sur Mallorca we have a massage area where you can enjoy a relaxing massage and a wide range of treatments.

**Pool & terrace.** A modern semi-Olympic pool lies in our terrace, where our hotel meets the Mediterranean Sea. Surrounded by sun loungers and parasols, and conveniently connected to our bar, it is an area designed to enjoy the fantastic weather of the island in a friendly and relaxed atmosphere.

**Meetings.** THB Sur Mallorca has a conference room with capacity up to 45 people (60m²), with media equipment and catering service.

[www.thbhotels.com](http://www.thbhotels.com)
“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.**

“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.**

“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.**

“Happy children and happy wife therefore happy life! We’ll be back.”
**James.**

“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.**

“Fabulous again. ***** FIVE STARS.”
**Robertson.**
What is as or more important to us at the BEST Centre than a child excelling at their sport is trying to help make great people, make great friends and make great futures. We are extremely proud of so many youngsters who have come out to the BEST Centre who still stay in touch and have grown up to become incredible young adults.

**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).

“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.”

**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.

“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.”

**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.

“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.”
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.

“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.

“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.

“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

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 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.

3. 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.

4. 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!

5. How are the groups of swimmers organized? We primarily organize groups by age and then after the first 1 or 2 sessions organize the groups by standard and needs.

6. How many swimmers will there be in each lanes? This really depends on the numbers of swimmers. Typically there are around 6 swimmers in each 50m lane.

7. 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.

8. 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 organized on-site.

9. What equipment do they need to bring? Please read the general information page of the Family Swim Holiday section for a list of equipment needed. We have kickboards and pullbuoys; they will need fins and a snorkel, which we sell onsite or in advance for those who don’t have their own.

10. What other activities will my children do? We have football, 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!

11. What activities are there for parents? We have parents’ football, parents’ table tennis and a few days to get fit for the parents’ relay and parents’ biathlon!

12. 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.

13. 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.

14. What’s the weather like in Mallorca during the swim holidays? The weather is typically hot!

15. 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.

16. Will my kids have fun? We guarantee it!

17. How far is the BEST Centre from the airport and how do I get to my hotel? The BEST Centre is 35 minutes from the airport. Transfers to and from the airport are NOT included in the holiday prices. However, we arrange 3 free coach

Book Your Family SWIM Holiday Now!
To book your place on the Family SWIM Holiday, please complete the form you will find here.
transfers on the arrival and departure days to help. The times of each transfer are arranged to best suit the most number of people possible. If the time of the transfer is not convenient for you or you arrive or leave on a different day than the arrival and departure day, then you can get to your hotel by taxi or bus, or we can arrange a transfer for you. For “getting here” information please see our website.

18. How far is the pool from the hotels? All the hotels we offer are within a 7 minutes walk of the pool.

19. 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 Med. 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 bikes 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.

20. 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.

21. Can I pay by cheque? If you have a euro account, you can pay by cheque in euros.

22. What is the easiest and cheapest way to pay in Euros? We have partner foreign exchange companies you can use to make the payment to us, which guarantee better rates than the banks.

23. Can I pay by credit card? Yes this is possible.

24. Do gentleman have to wear long trousers for dinner? The hotels expect men to wear trousers in the dining room at dinner time.

25. Do you organize flights? No, we are not a flight agency so we do not book flights.

26. How many airports are there in Majorca? Only one, Palma Majorca airport (Son Sant Joan, PMI).

27. 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.

28. Is it possible to stay extra nights or two or more holidays? Yes it is possible to stay extra nights (please see the extra night prices on the specific holiday price information). It is also possible to stay more than one holiday and each subsequent holiday will receive a discount (please see prices).

29. 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.

30. Is it possible to join a holiday after the start date or cross between holidays? Although not ideal, it is possible.
FSH BOOKING CONDITIONS

The receipt of your deposit is considered acceptance of the following standard booking conditions, which are set out by the Association of British Travel Agents and recommended in the Guidelines for Tour Operators.

Blue Water Elite Swim Training Centre S.L. Terms & Conditions of Booking

All bookings are made with Blue Water Elite Swim Training Centre S.L. The payment of the deposit will be taken as you and your party’s acceptance of the following conditions. The expression “client” may be used in these conditions not only to apply to you but to all other members of your party on whose behalf you have booked. Reading the booking conditions and information form part of your contract with us.

1. Booking Provisional bookings should be made by email or telephone to ensure that the training facilities, accommodation and transport, if needed, are available on the dates required. After receipt of your deposit a binding contract comes into effect between you, the client, and us.

2. Payment of the balance The balance of the cost of the training camp must be paid at least 8 weeks before departure. If the balance is not paid in time we reserve the right to cancel your camp, retain the deposit and apply the cancellation charges set out below. For bookings made within 8 weeks of departure, you will be required to pay the full cost of the camp at the time of booking.

3. Changes by you In the event of your wishing to change the details of a confirmed booking, you will be charged an amendment, if any, in the cost of the revised arrangements. Where a change is made within 8 weeks of departure we will treat such changes as a cancellation of the original booking. Any costs incurred by us will be passed on and may be as high as 100% of the cost of the holiday. All amendments must be in writing. No refund will be made for unused accommodation or services due to voluntary variation of a holiday.

4. Cancellation by you You, or any member of your party, may cancel your holiday at any time providing that the cancellation is made by the person making the booking, and is communicated to us in writing. If this incurs administrative costs we shall retain the deposit of the client that cancelled and in addition may apply cancellation charges of the remaining balance up to the maximum below. Period before departure and cancellation charges shown as a cancellation is the percentage of the remaining balance of the holiday price: 56 days or more Deposit only 55-29 Days 20% 28-8 Days 75% 7-4 Days 90% 3 days or less to departure 100% If cancellation is caused by illness or certain unavoidable causes, your own insurance policy may apply.

5. Travel Insurance It is a requirement, when booking your camp, that you hold a policy to cover the group. In the event of an emergency, should you not have adequate insurance cover, although we will offer all reasonable assistance, it must be understood that you will be responsible for any costs involved as a result of your failure to take out adequate cover. Please read your policy details carefully. It is your responsibility to ensure that the insurance cover you purchase is adequate for the particular needs of you and your party. We do not check alternative insurance policies.

6. Alteration by us We plan your camp arrangements many months in advance and although it is unlikely that we shall have to make any changes to confirmed arrangements, it does occasionally happen. Most changes are of a minor nature and we will advise you at the earliest possible date. If a major change occurs, we shall inform you as soon as is reasonably possible. A major change is where we offer you accommodation of a lower standard, or training facilities that are not available. In such cases you have the choice of either accepting the revised arrangements as notified to you, or cancelling your camp with full refund of money paid. For all these alternatives we will pay compensation on the scale shown below (plus full refund of all money paid if you choose to cancel). Period before departure date Cancellation per person that notification is given: Within 2 Weeks 40.00 euros Within 4 Weeks 30.00 euros Within 6 Weeks 20.00 euros Within 8 Weeks 10.00 euros More than 8 Weeks NIL Important note Compensation will not be payable if we are forced to cancel, or in any way change your camp due to war, threat of war, riot, civil strife, industrial dispute, terrorist activity, natural or nuclear disaster, fire or adverse weather conditions or other events outside our control. Neither will it be payable in case of flight delays that should be covered separately by your Holiday insurance.

7. Cancellation by us We reserve the right in any circumstances to cancel your camp and all camps are subject to a minimum number of participants. We will not cancel your camp within 8 weeks of departure unless caused by events beyond our control or failure on your part to pay the final balance. In circumstances where we are unable to provide the camp booked, we will offer you an alternative camp of comparable standard of, if this is unacceptable, we will return to you all monies paid.

8. Our responsibility for your camp We accept responsibility for ensuring that all component parts of your camp are supplied to you as confirmed by us on your confirmation, and that the services offered reach a reasonable standard. If any such part is not provided, we will pay you an appropriate compensation if this has affected the enjoyment of your camp (see important note above). We have taken all reasonable and proper care to ensure that proper arrangements have been made for all our camps and that the suppliers of the various services provided to you as part of your camp are efficient, safe and reputable and comply with the local and National Law and regulation of the country in which they provide those services. However we do not have direct control over the provision of services to clients by suppliers, and we cannot be held responsible for injury or death or illness caused to clients unless through negligence of our employees. We shall give every assistance we can to a client who through mishap suffers illness, personal injury or death during the period of the camp arising out of an activity which neither forms part of the camp arrangements nor forms part of an excursion offered through us, provided we are advised of the incident within 90 days of its occurrence. Nothing in condition 8 shall apply to anything arising during or out of carriage by air, sea or land and will be subject to the condition of carriage of the carrier operating these services.

9. Your responsibility to us It is your responsibility to ensure that you arrive in good time to board all flights or other method of transport. If you miss a flight or other transportation we will try to arrange alternative transportation, but reserve the right to recover from you any costs we incur in making such arrangements. Payment may be required from you before boarding.

10. Price Guarantees As per Association of British Travel Agents rules. The price of your camp is subject to surcharges only on the following items: Governmental action, currency, aircraft fuel, over flying charges, airport charges and increases in scheduled air fares. Even in this case, we will absorb an amount equivalent to 2% of the holiday price which excludes insurance premiums and amendment charges. If this means paying more than 10% of the holiday price, you will be entitled to cancel your holiday with a full refund. Should you decide to cancel because of this, you must exercise your right to do so within
11. Website Description The website contains statements representing our honest belief that the facts shown are correct. Every reasonable effort has been made to describe as fully and honestly the accommodation and services offered and every reasonable attempt will be made to supply what has been described. All bookings are made and accepted on the basis of the descriptions contained in the website. We cannot guarantee the accuracy of any other, website, brochure or leaflet which is not published by us but may be supplied as an additional service to the client.

12. Flights When travelling with the carrier, the conditions of carriage of that carrier apply, some of which may limit liability.

13. Complaints and Arbitration In the unlikely event of any problems occurring during your camp, it must be reported to either the hotel manager or us, thereby giving them the opportunity to remedy the problem. If the problem cannot be resolved with their assistance you should without delay notify us. Reasonable telephone and fax charges will be reimbursed by ourselves. If the problem cannot be completely solved in the destination, you must write to us within 28 days of your return giving full details of your complaint. If you do not follow this simple procedure it may affect your right to claim against us. Disputes arising out of, or in connection with this contract, which cannot be amicably settled may (if the customer so wishes) be referred to arbitration under a Special Scheme which, though devised by arrangement with the Association of British Travel Agents, is administered quite independently by the Chartered Institute of Arbitrators. The Scheme (details of which will be supplied by ABTA on request) provides for a simple and inexpensive method of arbitration on documents alone with restricted liability on the customer in the event of costs. The Scheme does not apply to claims for an amount greater than £5,000 per person. There is also a limit of £15000 per booking. Neither does it apply to claims which are solely in respect of physical injury or illness or their consequences. The Scheme can however deal with compensation claims which include an element of minor injury or illness subject to a limit of £1,000 on the amount the arbitrator can award per person in respect of this element. The application for arbitration and Statement of Claim must be received by the Chartered Institute of Arbitrators within nine months of the date of return from the holiday. Outside this time limit the Scheme may still available if the company agrees, but the ABTA Code of Conduct does not require such an agreement.

14. Indemnity When you book a camp with us you accept responsibility for the proper conduct of yourself and your party while away. We reserve the right to terminate your holiday or that of any member of your party due to misconduct. If your actions or those of any member of your party cause damage to the accommodation or facilities in which you are staying, or cause delay or diversion to any flight or other means of transportation, you agree to fully indemnify us against any claim (including legal costs) made against us by, or on behalf of, the owners of such accommodation or facilities, or the operator of such flight or other means of transportation.

15. Passports, Visas and Health Requirements – All clients should refer to the detailed requirements contained in the Destination Information for each country. A full British passport presently takes 4/6 weeks to obtain. If you or any member of your party is a British citizen or holds a non-British passport you must check passport and visa requirements with the Embassy or Consulate of the countries through which you are intending to travel. Information on health is contained in the Department of Health leaflet available from most post offices. It is your responsibility to ensure that you and all members of your party are in possession of all necessary travel and health documents before departure and all costs incurred in obtaining these items must be paid by you.

16. Travel Advice The Foreign & Commonwealth office may have issued information about your holiday destination. You are advised to check this information on the Internet under the address http://www.fco.gov.uk/ Alternatively you can contact the ABTA Information Department on 0891 202520 (calls charged at 50p per minute).

17. Data Protection In order to process your booking and to ensure that your camp arrangements run smoothly and meet your requirements we need to use the information you provide such as name, address, and special needs/dietary requirements etc. We take full responsibility for ensuring that proper security measure are in place to protect your information. We must pass the information on to the relevant suppliers of your travel arrangements such as airlines, hotels, transport companies etc. The information may also be provided to security companies, public authorities such as customs/immigration if required by them, or as required by law. You are entitled to a copy of your information held by us. If you would like to see this please contact us. We will make a small charge for providing this to you. We will hold your information, where collected by us, and may pass it on to third parties (e.g. third party mailers) which may use it to inform you of offers in the future or to send you information. If you do not wish to receive such approaches in the future, please let us know.

18. Jurisdiction This contract is made on the terms of these booking conditions which are governed by English Law and both parties shall submit to the jurisdiction of English Courts at all times.

19. If the booking is for a sporting competition, in the unlikely event of the cancellation of the competition for whatsoever reason, Blue Water Elite Swim Training Centre SL cannot be held responsible in any way for any monetary loss, inconvenience or any other circumstances.

20. All our camp descriptions are advised in good faith and every care is taken to ensure their accuracy. However, since the camps can be prepared up to 12 months in advance, there may be occasions when an advertised facility or is not available during your camp. Certain facilities (e.g. tennis courts and swimming pools) require maintenance and sometimes have to be temporarily withdrawn from use for such work to be done. Outdoor activities, beach services and water sports for example may not operate for reasons such as unstable weather conditions or lack of support, or golf courses, bowling greens, etc. may be closed for maintenance or private competitions. Similarly, there may be occasions, especially during the low season, when certain advertised schedules, entertainment or amenities are changed, cancelled or curtailed. Further, the operation of certain amenities and facilities may be subject to local licensing laws or religious holidays. Government or local authority restrictions may also dictate that an hotel or apartment limits certain facilities e.g. air-conditioning or water supply, in the cause of conservation. We will take all reasonable measures to provide alternatives in this case but cannot be held responsible for monetary loss or inconvenience in these cases.

Family Swim Holidays

Have a fabulous holiday while the kids train with Olympic swimmers.