

GLEN CHRISTIANSEN SWIMMING CAMPS

TENERIFE TOP TRAINING

ATHLETICSPHERE

PRESENTS: **INTERNATIONAL MASTER CAMP**
FROM 1ST TO 9TH **APRIL 2016**



WWW.TENERIFETOPTRAINING.COM

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DESCRIPTION

We invite you to the Masters Camp at the modern training center Tenerife Top Training with the Swedish Olympia coach and world champion, Glen Christiansen. All participants are trained by Glen Christiansen who will provide assistance, advice and personal feedback. During this camp, the main focus lies on the technique of the different swimming strokes, endurance, speed, starts, and turns, as well the specific requirements for your participation at masters swimming championships. Furthermore every swimmer will have the possibility to experience a session in the flume channel for a technique analysis. Besides the professional work and training, fun will not be missed out and you will make friends from all around the world!

FEATURES

- Accommodation in Hotel Jardín Caleta***, superior room
- Full board pension (breakfast, lunch, dinner) with mineral water included in lunch and dinner
- Daily use of T3 pool according to training schedule of G.C.
- Daily use of T3 gym according to training schedule of G.C.
- Use of T3 flume channel according to training schedule of G.C.
- All lectures by Glen Christiansen
- Technical Analysis by Glen Christiansen
- Towel service at T3 (one clean towel per pool session per person)
- Water supply (1,5 l mineral water per person per day)
- 1 free T3 - T-Shirt per participant

PRICE

HOTEL JARDÍN CALETA***	PER PERSON PER DAY
SINGLE ROOM SUPERIOR WITH FULL BOARD	135,00€
DOUBLE ROOM SUPERIOR WITH FULL BOARD	116,00€
TRIPLE ROOM* SUPERIOR WITH FULL BOARD	99,00€

ACCOMPANYING ACCOMODATION

HOTEL JARDÍN CALETA***	PER PERSON PER DAY	PER DAY 2-12 YEARS
SINGLE ROOM SUPERIOR WITH FULL BOARD	77,00€	--
TRIPLE ROOM* SUPERIOR WITH FULL BOARD	62,00€	31,00€

Prices per person per day in Hotel Jardín Caleta***, 7% IGIC not included.

* Triple room is 1 bedroom apartment with sofa bed, for 2 adults and 1 child over 12 years, or 2 children under 12 years.

CONTACT

Reservations: reservas@tenerifetoptraining.com

Camp info: christiansen@swimstars.de

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