# GLEN CHRISTIANSEN SWIMMING CAMPS

ATHLETICSPHERE)

PRESENTS: INTERNATIONAL YOUTH & MASTER SWIM CAMP FROM 22<sup>ND</sup> OCTOBER TO 5<sup>TH</sup> NOVEMBER 2017



## **GLEN CHRISTIANSEN** SWIMMING CAMPS TENERIFE TOP TRAINING

ATHLETICSPHERE

PRESENTS: INTERNATIONAL YOUTH & MASTER CAMP FROM 22ND OCTOBER TO 5TH NOVEMBER 2017

#### DESCRIPTION

We invite you to the Youth & Master Camp at the modern training center Tenerife Top Training with the Swedish Olympia coach and world champion, Glen Christiansen. All participants (no matter being teenagers or adults), are trained by Glen Christiansen together with several skilled coaches, to ensure every swimmer gets 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. 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 a very special atmosphere is created by having swimmers of all ages, single swimmers, and families. Without any doubt 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 | mineral water per person per day)
- 1 free T3 T-Shirt per participant

#### DDICF

PER PERSON PER DAY		PER DAY UP TO 13 YEARS
HOTEL JARDÍN CALETA***	PER PERSON PER DAT	
SINGLE ROOM SUPERIOR WITH FULL BOARD	135,00€	-
	116,00€	96,00€
DOUBLE ROOM SUPERIOR WITH FULL BOARD		82,00€
TRIPLE ROOM* SUPERIOR WITH FULL BOARD	101,00€	

### ACCOMPANYING ACCOMODATION

	PER PERSON PER DAY	PER DAY UP TO 12 YEARS
HOTEL JARDIN CALETA		-
SINGLE ROOM SUPERIOR WITH FULL BOARD		31,00€
DOUBLE ROOM SUPERIOR WITH FULL BOARD	62,00€	

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

\* Triple room is 1 bedroom apartment with sofabed, for 2 adults and 1 child over 13 years, or 2 children up to 13 years. In Full Board is included mineral water or a soft drink per person.

#### CONTACT

Reservations: heike@tenerifetoptraining.com Camp info: christiansen@swimstars.de Tel:+34 922 782 755



#### www.TENERIFETOPTRAINING.COM