

# GLEN CHRISTIANSEN SWIMMING CAMPS

TENERIFE TOP TRAINING

ATHLETICSPHERE

From January  
18 to 25, 2020



## MASTERS' TECHNIQUE CAMP

THE ART OF  
PERFORMANCE  
EXCELLENCE





## MASTERS' TECHNIQUE CAMP

Tailored for those wishing to go deeper into technique  
With help of the flume channel and a biomechanic specialist

### INCLUDED IN THE PRICE

Accommodation in Hotel HOVIMA Jardín Caleta, superior room	✓
Full Board (Breakfast, Lunch, Dinner) including ½ l mineral water or 1 soft drink with lunch and dinner	✓
Daily use of T3 pool according to training schedule Glen Christiansen	✓
Daily use of T3 gym according to training schedule Glen Christiansen	✓
Use of T3 flume channel according to training schedule Glen Christiansen* - 1 session per swim stroke	✓
All lectures Glen Christiansen	✓
Technical analyze Glen Christiansen / Evaluation assisted by a biomechanic specialist	✓
Towel Service in T3 (1 clean towel per person per training session)	✓
Possibility of water refill without limit (you are invited to bring your own refillable bottle)	✓
1 free T3-T-Shirt per participant	✓
6,5% Canarian Tax IGIC	✓
<b>OTHERS:</b>	
Deep tissue massages, 30 minutes	32,00 €
Airport Transfers	On request
Rental cars	On request

\* = Clients are welcome to bring their own USB-Drive or extern disc to save their recording. In case you would like to take along a DVD with your recording, this is available at a price of 5,00 € per DVD.



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18.01. – 25.01.2020	Single occupation		Double occupation		Triple occupation*	
<b>HOVIMA Jardín Caleta***</b>	Booking and payment before 15.10.2019	Booking and payment after 15.10.2019	Booking and payment before 15.10.2019	Booking and payment after 15.10.2019	Booking and payment before 15.10.2019	Booking and payment after 15.10.2019
<b>For days with Hotel only / Accompanying persons</b>	112,00 €	118,00 €	82,00 €	88,00 €	77,00 €	82,00 €
<b>For days with Camp participation</b>	175,00 €	185,00 €	142,00 €	150,00 €	122,00 €	128,00 €

All prices are per person per day  
Canarian Tax included in the price

\*Triple occupation – 2 persons sleep in the separate bedroom equipped with twin beds, The third person sleeps on sofa bed in the living area

**Children under 14 years**, have a discount of 40% on the adults' price accommodating with them in the same apartment (both on hotel only price and price with camp participation).

**Accompanying persons** wishing to use the training facilities without participating in the camp can use the T3 facilities at a promotional price of 125,00 € / week / person.

To avoid misunderstandings here in the center, we recommend booking this in before arrival.

