

# SVR SWIM ACADEMY

## STEP 2 MALLORCA CAMP



Swimming shouldn't feel hard. I'll show you how to swim with less effort, more confidence and a better understanding of your stroke.

By **Double Olympic Champion** Sharon van Rouwendaal

Join hundreds of swimmers who have improved their technique, gained confidence and become faster in the water.

## WHAT YOU'LL LEARN

- Core & glute activation
- Connected rotation & body control
- Relaxed recovery & a complete stroke finish
- Useful kick & diagonal coordination
- Kick sets with a clear purpose
- Changing pace through zones 1-5
- Sighting, drafting & buoy turns

Some sessions are filmed for video analysis — so you can see how your body connects and understand your personal cues.

Daily pool access during public hours is included — ideal for extra swims or revisiting drills at your own pace.



## ABOUT STEP 2

**Core, connection & coordination.** For swimmers who have already learned my foundations through private lessons, a masterclass or Step 1. Being fast or experienced does not replace that foundation: first we learn my way of swimming, then we go deeper into how the body works together.

We build on what you already know through **body control, core and glute activation, rotation and coordination.** I coach every session myself, with small groups and personal feedback, so you can feel the connection between your hips, ribs, shoulders, arms and legs.

"I don't coach by giving you more drills. I coach by helping you understand what you should feel in the water."

**On land, you learn to feel the movement.** In the pool, we bring that feeling into relaxed freestyle: a soft front, connected rotation, a useful kick and a complete finish to your stroke.

Kick sets, diagonal fin-and-paddle drills and different training zones help you explore coordination and change pace **without losing your technique.** In open water, we swim farther than in Step 1, applying that connection to longer stretches, sighting, drafting and buoy turns.

We train **once per day**, with either a **free morning** or a **free afternoon** depending on your group. Daily Q&A and land warm-ups prepare you for the water, with time afterwards to rest and practise what you have learned.

I give you personal cues and advice on how to train at home, so you can keep improving after camp.

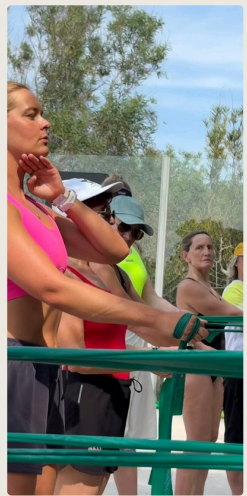
**Feel the movement. Connect your stroke.**

Previous coaching with Sharon required. 7 days • 6 nights.

## WHAT TO EXPECT

- 7 Q&A & Briefings**  
Interactive talks before each swim
- 7 Land Warm-Ups**  
Mobility, core & glute activation
- Small Group Coaching**  
Max 10 swimmers per group
- 4 Pool Sessions**  
Connection, coordination, kick & zones
- 3 Open Water Sessions**  
Longer swims, sighting & drafting
- 1 Group Coffee Moment**  
As a group during the week

Every drill has a purpose — I explain why we do it, so you truly understand your stroke. **That way you'll know exactly what to practise when you get back home.** Free daily pool access included during public hours.



2027 DATES

JUNE

7 – 13 June →

AUTUMN

27 Sept – 3 Oct →

Monday to Sunday  
7 days • 6 nights  
Colònia de Sant Jordi, Mallorca

## A TYPICAL DAY

- Q&A & BRIEFING  
15 min
- LAND WARM-UP  
30 min
- POOL OR OPEN WATER SESSION  
75 – 90 min
- COFFEE TOGETHER — ONCE DURING THE WEEK
- FREE MORNING OR FREE AFTERNOON  
Depending on your group

Training is only once per day. The schedule rotates so every group experiences both morning and afternoon sessions across the week.

Groups follow the same program — with morning and afternoon training times across the week. You'll never miss a coached session.

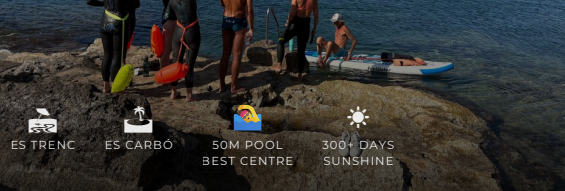
**There is no pressure to train more.** Recovery is just as important as training.

## ABOUT MALLORCA

Colònia de Sant Jordi is a beautiful, relaxed beach town on Mallorca's southern coast — the kind of place where you can breathe, slow down, and really focus on yourself.

Crystal-clear water, white sandy beaches, and the Best Centre 50m pool all within walking distance. With over 300 days of sunshine a year, it's the perfect setting to swim, rest, and enjoy the week.

**The calm bays give us space to practise connection, sighting, drafting and buoy turns in open water.**



- ES TRENC
- ES CARBÓ
- 50M POOL BEST CENTRE
- 300+ DAYS SUNSHINE



## ACCOMMODATION

UNIVERSAL HOTEL ROMÁNTICA ★★★★★



- Twin sea view or single sea view
  - Half board included
  - Fully renovated (April 2025)
  - Only a few minutes' walk to the pool, beach and town centre
- Modern rooms with balcony, air conditioning, free Wi-Fi and daily cleaning. Rooftop terrace with panoramic sea views. Non-swimmer guests welcome. **Everything is within walking distance — no need for a rental car.**

## WHAT SWIMMERS SAY

Swimmers from more than 20 countries have already joined the camps.

- R** "In 1 session Sharon can change your stroke in what other coaches cannot do in 10 years."
- K** "Very clear instructions, not overcomplicating things. She makes swimming feel easy."
- M** "It's very clear, but she also gives you motivation and a lot of self-confidence."
- S** "You are the BEST and most generous coach. Loved every minute of the week."
- A** "Inspired coaching, inspired leadership and an inspired location. I have learnt so much."
- L** "It's been a massive learning curve. Now to put it all into practice. See you at Step 3!"
- J** "You helped me spot problems in my swimming and fixed them. Thank you for this wonderful camp!"
- T** "You are not only the best athlete but also a great coach with humor, attention and understanding."
- C** "Loving the coaching style and direct feedback. Such a fantastic group with lovely camaraderie!"

## PRICES 2027 STEP 2 CAMPS

| HOTEL ROMÁNTICA — 7-DAY CAMP (6 NIGHTS) — HALF BOARD |               |                 |
|------------------------------------------------------|---------------|-----------------|
| DATES                                                | TWIN SEA VIEW | SINGLE SEA VIEW |
| 7 – 13 June                                          | €1,740        | €1,938          |
| 27 Sept – 3 Oct                                      | €1,668        | €1,836          |

| NON-SWIMMER PRICES — HALF BOARD (TWIN SEA VIEW) |             |
|-------------------------------------------------|-------------|
| DATES                                           | NON-SWIMMER |
| 7 – 13 June                                     | €790        |
| 27 Sept – 3 Oct                                 | €718        |

Non-swimmer rate only available when sharing a Twin Sea View room with a participating swimmer. Includes hotel, half board & daily pool access.

- What's Included**
  - ✓ Coaching by Sharon
  - ✓ Personal feedback
  - ✓ Hotel (6 nights)
  - ✓ Half board
  - ✓ Daily pool access
  - ✓ 4 pool sessions
  - ✓ 3 open water sessions
- ✓ Video analysis
- ✓ 7 Q&A & briefings
- ✓ 7 land warm-ups
- ✓ 1 group coffee moment
- ✓ Open water safety support (SUP, kayak & safety crew)

## SEE YOU IN MALLORCA?

Book your place today and experience how much easier swimming can become.

**Why Swimmers Return**  
Step 2 builds on the foundations you have already learned with me — with deeper body connection and personal cues to keep progressing at home.

**Places are limited** to keep every group small and personal.

- [svrouwendaal.com](https://svrouwendaal.com)
- [sharonvanrouwendaal@gmail.com](mailto:sharonvanrouwendaal@gmail.com)
- [@svrouwendaal](https://t.me/svrouwendaal)

- ✈ Nearest airport: Palma de Mallorca (PMI)
- 🚗 Transfer: ~40 min (taxi ~€75, shuttle ~€15)
- 🗣 English, French, Dutch & German
- 💰 Tourist tax: ~€2.20/night (pay at hotel)

€300 Deposit • Balance due 12 weeks before camp

