

SVR SWIM ACADEMY

STEP 1 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.

ABOUT STEP 1

The Step 1 Camp is for swimmers who have never joined one of my camps or Masterclasses before. If swimming feels harder than it should, or if you want to become more confident in open water, this is the perfect place to start.

I'll guide you through the fundamentals in a relaxed and personal way. I coach all sessions myself and keep the groups small (max 10), so I can give everyone the attention they deserve. My goal is simple: to make swimming feel easier, more enjoyable and more natural.

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

My goal isn't to completely change your stroke in one week. It's to give you the tools and understanding so you know exactly what to work on when you go home.

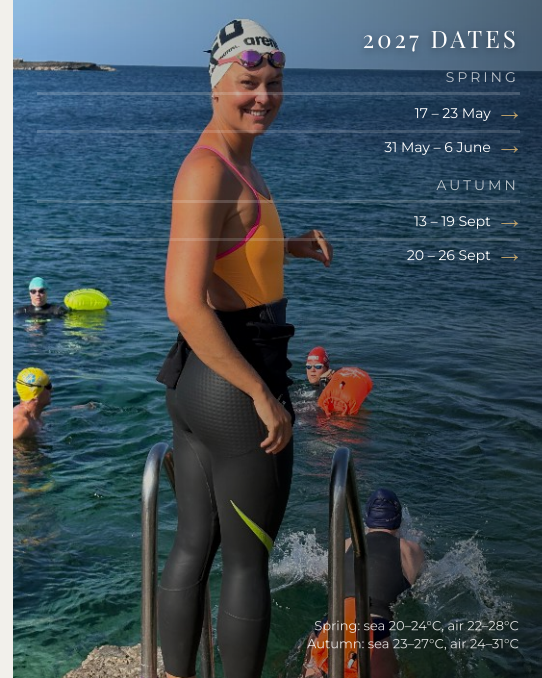
We train **only once per day** — you will have either a **free morning** or a **free afternoon** depending on your group schedule. Plenty of time to rest, explore Mallorca, enjoy group meals, or add extra training. Shape the camp to your own goals.

Groups are divided by pace per 100m: **2:30 to 2:10, 2:10 to 1:45, and 1:45 or faster.** This way you always train with swimmers at your level.

By the end of the camp, you'll have a stronger stroke, better body position and more confidence in open water — the ideal base before joining Step 2.

Simple explanations. Lasting improvement.

Open to all levels. You should be able to swim 800m non-stop.



Spring: sea 20–24°C, air 22–28°C
Autumn: sea 23–27°C, air 24–31°C

2027 DATES

SPRING

17 – 23 May →

31 May – 6 June →

AUTUMN

13 – 19 Sept →

20 – 26 Sept →

WHAT YOU'LL LEARN

- ▢ A more natural, relaxed stroke
- ▢ Better body position with less drag
- ▢ Learn to feel the right muscles working
- ▢ Swimming more efficiently
- ▢ Build confidence in every swim
- ▢ Enjoying open water without worry
- ▢ Understanding why every drill works

Some sessions are filmed for video analysis — so you can see your own stroke and track your progress.

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



WHAT TO EXPECT

- ▢ **7 Q&A & Briefings**
Interactive talks before each swim
- ▢ **7 Land Warm-Ups**
Mobility, activation & injury prevention
- ▢ **Small Group Coaching**
Max 10 swimmers per group
- ▢ **4 Pool Sessions**
Technique, endurance, sprint & zones
- ▢ **3 Open Water Sessions**
Sighting, buoy turns & race skills
- ▢ **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.



A TYPICAL DAY

- ▢ Q&A & BRIEFING
15 min
- ▢ LAND WARM-UP
30 min
- ▢ POOL OR OPEN WATER SESSION
75 – 90 min
- ▢ COFFEE TOGETHER
- ▢ 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.

Both groups follow the same program — one trains in the morning while the other has their free time, and vice versa. You'll never miss a coached session.

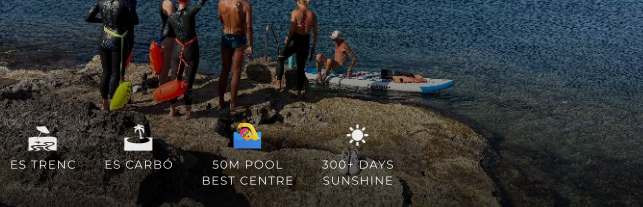
There is no pressure to train more. Recovery is just as important as training.

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 make it the perfect place to learn open water swimming for the first time.



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 1 CAMPS

HOTEL ROMÁNTICA — 7-DAY CAMP (6 NIGHTS) — HALF BOARD

DATES	TWIN SEA VIEW	SINGLE SEA VIEW
17 – 23 May	€1,668	€1,836
31 May – 6 June	€1,668	€1,836
13 – 19 September	€1,740	€1,938
20 – 26 September	€1,668	€1,836

NON-SWIMMER PRICES — HALF BOARD (TWIN SEA VIEW)

DATES	NON-SWIMMER
17 – 23 May	€718
31 May – 6 June	€718
13 – 19 September	€790
20 – 26 September	€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 after every session
- ✓ Hotel (6 nights)
- ✓ Half board
- ✓ Pool entrance
- ✓ Open water sessions
- ✓ Video analysis
- ✓ Q&A sessions
- ✓ Land warm-ups
- ✓ Safety support during all open water sessions (SUP, kayak & safety crew)

SEE YOU IN MALLORCA?

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

Why Swimmers Return

Many swimmers return for Step 2 after experiencing the difference in Step 1 — and keep coming back year after year.

Places are limited to keep every group small and personal.

- ▢ svrouwendaal.com
- ▢ sharonvanrouwendaal@gmail.com
- ▢ @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

