



Located only 2 miles from the beach **The Pine Crest Swimming Pool Complex** is used for swim training camps/programmes for its own domestic club and is now recently open to international clubs to use its comprehensive sports facilities. Teams are given the opportunity to swim in an **8 lane 50 metre pool or a 25 metre pool**. Track and Field facilities are available for any land training and this very unique and highly reputable facility offers a combination of easy access, state of the art weight room, a meeting room and very affordable training costs.

The Pine Crest Summer Camp offers training facilities and programmes for many different sports and most recently has produced Olympic performers at the Beijing Olympic Games in the pool and in other competitive sports

### ACCOMMODATION – 3\* HAMPTON INN



Located in the centre of the Cypress Creek, this hotel is 8 miles from downtown Fort Lauderdale and only a short distance from the pool. Hampton Inn & Suites presents itself as especially accommodating to large groups such as sports teams and wedding parties. The hotel offers 122 rooms on four floors. All rooms feature cable TV, in-room movies, complimentary wireless Internet access, voicemail, coffeemakers, clock radios, hairdryers, irons and ironing boards, air-conditioning, and free local calls. Refrigerator/microwave combos are available for a fee. Amenities at this Hampton Inn include an outdoor swimming pool and fitness gym. The hotel also offers dry cleaning, free parking, 24-hour front desk service, and express checkout.

#### FLIGHTS TO / FROM MIAMI

Direct scheduled flights to Miami are available from London airports into Miami International airport. Indirect flight options are also available from the main UK international airports into Fort Lauderdale. Airport transfers to the hotel are approximately 1 hour from Miami and 25 minutes from Fort Lauderdale

Prices vary throughout the year and we can only quote final prices when a group confirms travel dates, group size and preferred UK departure airport

**Fares generally range from:**

**£ 420 - £ 700 incl. taxes**

#### Package prices in include:

- > 7 nights hotel accommodation on bed & breakfast.
- > 6 days training based on 2 x 2 hour sessions / day – 10 swimmers max per lane
- > Miami airport > hotel return transfers.
- > T&FT Warm Weather Training Back Pack or T shirt per group member
- > Services of T&FT and our local agent

### PACKAGE PRICE PER PERSON FROM:

# £ 499.00

**For a detailed quotation based on your specific requirements please contact us by phone, email or request form on our website**

#### Package Prices include

- \* Accommodation on Half Board basis
- \* Swimming training - 12 x 2 hour swim sessions (fewer sessions can be quoted for, if required)
- \* Airport-hotel-airport bus transfers
- \* Services of our local agent
- \* TFT Swimmers Goody Pack



TFT Swimming Camps understands the difficulty in organising a training camp in the current financial climate. We have a range of destinations and training camp durations to meet all budgets and any quotation given based upon your specific request(s) may not necessarily be the cheapest but in consultation we are happy to work with you to adjust any proposal to meet your budget. In comparing quotations from different sources we are happy to "price match" on a comparable "like for like" basis so that you receive the "best value" for your choice of venue and specific arrangements.

## Early Booking & Group Discounts available upon request

### HOW TO BOOK:

Bookings should be made using our Booking Form. A **DEPOSIT of £150 per person** is required to cover the accommodation and training camp. For some discounted and scheduled flights the full flight price may be payable at the time of booking. Cheques should be made payable to "Track and Field Tours Ltd".