

TECHNOSPORT MEXICO SWIM CAMP JANUARY 17-24

Campers,

Enjoy winter training and have a family vacation at the same time at the beautiful Moon Palace Resort, Cancun. There will be coached swimming, running and spinning. Nutrition, Exercise ,and Wellness Counselling by Coach Jones PhD.

[Book resort accommodation through Coach Duane Jones.](#)

Read all details below and if you have any questions please ask.

I can also refer you to some last year campers who will be happy to report details about camp.

We may be able to match single travelers with other singles.

- Help prepare for swim meets and triathlons by refining your technique and enjoying camaraderie with your fellow athletes and family.

no cost for camp



- CANCUN MOON PALACE
- Named top resort by Readers Choice in Caribbean
- All Inclusive
- Ten minutes from the airport with free transportation
- 2k beach
- **5 lane 50 meter pool (and at least 12 other pools some heated)**
- 15 restaurants and coffee bars
- 2 golf courses (With resort credit to use at the course)
- Access to all other palace resorts with shuttle service
- 2 Spas
- Shopping on site
- Entertainment Nightly
- Dance Clubs
- Check out Moon Palace web site for more info at <http://www.moonpalacecancun.com/eng/>

ROOMS:

ONLY 2163\$USD FOR TWO PERSONS (1081.50 per person) IN ROOM-EXTRA ADULT BEYOND TWO IN ROOM 118\$ PER NIGHT, CHILD 58\$ (all taxes included)



- JACUZZI SUITE ALL INCLUSIVE
- FREE MASSAGE, PEDICURE, MANICURE
- 1500\$ RESORT CREDIT PER ROOM TO SHARE FOR SPA, GOLF, TOURS, SPECIAL DINNERS, SWIM WITH THE DOLPHINS, AND MORE
- THERE ARE NO MORE COSTS OTHER THAN AIRFARE AND ROOM COST!

If you wish to go let me know and I will arrange room accommodation and you organize airfare.

This is open to all MSO members and friends and family. It will include coached swim, run and spin practices and you get to do what you like the rest of the day.

Coach Duane Jones

Coach Duane Jones PhD,CSEP-CFC & CPT
Technosport Master Swim,Tri & Multisport Club
Operating from the University of Ottawa
www.technosport.ca
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