

A man is shown from the side, rowing on a Concept2 rowing machine in a gym. He is wearing a black tank top and grey shorts. The gym has a large window with a black frame, looking out onto a green landscape. The lighting is warm, suggesting late afternoon or early morning. The text 'THE CAMPUS' is overlaid in a white box at the top.

THE CAMPUS

**ACTIVITIES CALENDAR  
FOR JANUARY**

46.600 M<sup>2</sup>

of sports facilities dedicated to high performance sports, fitness and wellbeing

**A 2 HIGH PERFORMANCE GYMNASIUMS**  
Fitness and elite performance training for all levels

**B SPIN STUDIO**  
15 high performance interactive spin bikes

**C REHABILITATION AND WELLNESS CENTRE**  
Sports wellness, physiotherapy and rehabilitation

**D RECOVERY SUITE**  
Steam room, sauna, hot and cold plunges

**E 25 M HEATED OUTDOOR POOL**  
Private swim lessons, group training, triathlon event

**F PITCH**  
151 x 74 metres Desso Grassmaster Hybrid pitch dedicated to team sport training and pre-season preparation

**G RUNNING TRACK**  
650 m track looping the entire grounds, a challenging but fun running circuit

**H MULTI-PURPOSE STUDIO**  
Dedicated space for meetings and presentations

**I DANO'S**  
Unique sports bar and restaurant with live sports, live music and family menu

**J TENNIS**  
4 Full size GreenSet acrylic floodlit hard courts and 2 all weather synthetic floodlit clay courts

**K PAVILION**  
Relaxed courtside refreshments and social hub

**L THE BIKE SHED**  
Pro cycling hub, social spins, bike fitting, apparel hire and purchase

**M PADEL**  
4 Floodlit courts with special shock pad features

**N INDOOR PADEL COURTS**  
2 Floodlit courts with special shock pad features





# JOIN US

|  | FULL ANNUAL<br>MEMBERSHIP <sup>1</sup>  | FULL MONTH<br>MEMBERSHIP <sup>2</sup>   | DAILY AND WEEKLY<br>PASSES  |
|--|---|---|---|
| Full use of The Campus high performance facilities                               | ✓   | ✓   | ✓   |
| Access to group fitness classes, including online<br>(see timetable for details) | ✓   | ✓   | ✓   |
| Access to rackets classes (see timetable for details)                            | ✓   |   |   |
| Free court rentals and discount on private lessons                               | ✓   |   |   |
| Advance booking for group fitness class and court rental*                        | ✓<br>5 days prior   | ✓<br>3 days prior   | ✓<br>2 days prior (walk ins welcome<br>depending on availability)   |
| Discount on hire of mountain and road bikes                                      | Up to 30%   |   |   |
| Induction to all facilities and a health assessment                              | ✓   | ✓   |   |
|  | <b>€2100 PER YEAR</b><br>The amount must<br>be paid up front. 1x<br>joint member can be<br>added to a full annual<br>membership with a 25%<br>discount. | <b>€275 FOR 1 MONTH</b><br>1 x joint member can be<br>added to a full monthly<br>membership with a 20%<br>discount. | <b>DAY PASS</b><br>€49 per day<br><br><b>WEEKLY PASS</b><br>€105 - 1 week<br>€165 - 2 weeks<br>€225 - 3 weeks |

\* Maximum of 2 classes can be booked at anytime per booking request

<sup>1</sup> Valid for 12 months from date of joining.

<sup>2</sup> Valid for 1 month from date of purchase. Offers available for multiple months.

## KIDS MEMBERSHIP

### UNDER 12

- ✓ Includes access to the swimming pool and play areas while directly supervised by parent or guardian.

|   |               |              |
|---|---------------|--------------|
| € | <b>WEEKLY</b> | €35 per week |
|   | <b>DAILY</b>  | €15 per day  |

### AGES 13-15\*

- ✓ Includes access to the swimming pool, The Campus high performance facilities, (if supervised by parent or guardian and had an induction) and any family group fitness classes.

|   |   |
|---|---|
| € | Kids aged 13 to 15 pay 50% of adult fee.* |
|---|---|

### 16+

- ✓ Kids +16 pay full adult fee.

\*Must be linked to a full paying adult and accompanied at all times.

### THE BIKE SHED MEMBERSHIP

- Weekly social spins
- Expert advice from elite and world champion cyclists
- Discount of 10% for coaching and bike fitting
- 30% discount on bike hire

|   |                |                |
|---|----------------|----------------|
| € | <b>MONTHLY</b> | €150 per month |
|   | <b>WEEKLY</b>  | €75 per weekly |

### RACKET MEMBERSHIP

- Free rentals
- 30% off tennis and padel private lessons and group classes
- 50% off tournament and round robins

|   |                      |
|---|----------------------|
| € | <b>€720 PER YEAR</b> |
|---|----------------------|

### ULTIMATE PADEL MEMBERSHIP

- Free access to adult activities on Padel weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

|   |                       |
|---|-----------------------|
| € | <b>€1200 PER YEAR</b> |
|---|-----------------------|

### ULTIMATE TENNIS MEMBERSHIP

- Free access to adult activities on tennis weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

|   |                       |
|---|-----------------------|
| € | <b>€1200 PER YEAR</b> |
|---|-----------------------|

STRENGTH



## SPECIALISED TRAINING SESSIONS

Enhance your health with specialised training sessions led by our professional instructors.

Yoga • Pilates • Dance (12 different styles) • Calisthenic Training • Agility & Speed Training • Meditation • Spine Flexibility • Mobility & Rehabilitation • Lower Back & Core • Strength & Rehabilitation Training • Plyometric & Sports Specific Training • Mobility & Fascia Release

Book your session today at [campusclasses@quintadolago.com](mailto:campusclasses@quintadolago.com)

## PERSONAL TRAINING

### BECOME THE BEST VERSION OF YOURSELF

Working with a Personal Trainer will ensure you are training in the best and most efficient way for your body. Fully qualified and experienced, your trainer will plan a personalised programme, setting the exercises and resistance levels to your needs, and will be there to motivate and encourage you on your journey to success. Whatever your goal, we'll help you to reach it.

|          | SINGLE SESSION  | 4 SESSION COURSE   | 8 SESSION COURSE   |
|----------|---|--|--|
| DURATION | ⌚ 60 min  | ⌚ 4 x 60 min   | ⌚ 8 x 60 min   |
| GOALS    | Brief consultation with a professional coach that will guide you through a work out session focusing on your goals. | A more in-depth and progressive approach to develop a training routine that you will be able to follow on your own. Sessions must be completed within 3 months from the date of the first session. | A course of sessions you can use to really make a difference in a short period of time or split over a period of up to 6 months. |
| €        | <b>€67 members</b><br>€92 non-members   | <b>€248 members</b><br>€348 non-members  | <b>€456 members</b><br>€636 non-members  |

\*Up to two people can share each PT session.

\*For non-members, the second person must pay a daily membership fee - which includes full access to the High Performance Campus.

#### EVALUATION SERVICES

We also offer a developing range of Personal Evaluation services which includes specific sports tests such as golf movement analysis, VO2max tests, fitness age evaluation and much more.

€ PRICE ON REQUEST

#### GROUP PERSONAL TRAINING

Group PT sessions can be organised as a single session or an on-going programme. For 3 or more people.

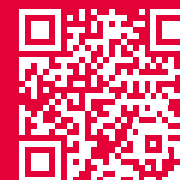
€ PRICE ON REQUEST

## JOIN US



## BE ELITE, WHATEVER YOUR LEVEL

Be part of our community of sports lovers and wellness champions. Choose from our racket, tennis ultimate or padel ultimate membership and start using our state-of-the-art facilities. You'll have access to free court rentals, adult activities, discount on tournaments, private / group classes and much more!



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|--|--|---|---|---|---|--|
| <b>POWER WORKOUT</b><br>07:30 45min <b>NEW</b><br>Studio 2               | <b>RHYTHM CYCLE</b><br>08:00 45min<br>Cycle studio 1                       | <b>TABATA</b><br>08:00 45min <b>NEW</b><br>Studio 2   | <b>PILATES HIIT</b><br>08:00 45min <b>NEW</b><br>Multipurpose room                  | <b>HIIT</b><br>07:30 45min <b>NEW</b><br>Studio 2   | <b>HIIT</b><br>09:00 45min<br>Studio 2  | <b>RHYTHM CYCLE &amp; CORE</b><br>09:00 45min <b>NEW</b><br>Cycle studio 1 |
| <b>BEACH BOOTCAMP</b><br>08:30 60min<br>Meet at The Shack Car Park       | <b>RHYTHM CYCLE &amp; CORE</b><br>09:00 45min <b>NEW</b><br>Cycle studio 1 | <b>BOOTCAMP</b><br>Open to all levels<br>08:30 45min<br>Meet in the HP Gym                  | <b>RHYTHM CYCLE</b><br>09:00 45min<br>Cycle studio 1                                | <b>BEACH BOOTCAMP</b><br>08:30 60min<br>Meet at The Shack Car Park                          | <b>YOGA</b><br>09:00 55min <b>NEW</b><br>Multipurpose room  | <b>RHYTHM CYCLE</b><br>10:00 45min<br>Cycle studio 1                       |
| <b>RHYTHM CYCLE</b><br>08:30 45min<br>Cycle studio 1                     | <b>HIIT</b><br>09:00 45min<br>High Performance Gym                         | <b>RHYTHM CYCLE</b><br>08:30 45min<br>Cycle studio 1  | <b>STRENGTH &amp; STRETCH</b><br>09:15 40min<br>Multipurpose room                   | <b>RHYTHM CYCLE</b><br>08:30 45min<br>Cycle studio 1  | <b>PILATES</b><br>10:00 50min <b>NEW</b><br>Multipurpose room   | <b>YOGALATES</b><br>10:00 50min <b>NEW</b><br>Multipurpose room            |
| <b>YOGA</b><br>09:30 55min <b>NEW</b><br>Multipurpose room               | <b>EXPRESS BOXFIT</b><br>10:00 45min<br>High Performance Gym               | <b>RHYTHM CYCLE</b><br>09:30 45min<br>Cycle studio 1  | <b>LEGS, BUMS &amp; TUMS</b><br>10:00 45min <b>NEW</b><br>Studio 2                  | <b>CARDIO COMBAT</b><br>09:30 45min <b>NEW</b><br>Multipurpose room                         | <b>EXPRESS BOXFIT</b><br>10:00 45min<br>High Performance Gym  | <b>BODY CONDITIONING</b><br>11:00 45min <b>NEW</b><br>Studio 2             |
| <b>CORE CONDITIONING &amp; STRENGTH</b><br>09:30 45min<br>Studio 2       | <b>BARRE FITNESS</b><br>10:00 45min<br>Studio 2                            | <b>CORE CONDITIONING &amp; STRENGTH</b><br>09:30 45min<br>Studio 2                          | <b>EXPRESS BOXFIT</b><br>10:00 45min<br>High Performance Gym                        | <b>CORE CONDITIONING &amp; STRENGTH</b><br>09:30 45min<br>Studio 2                          | <b>RHYTHM CYCLE</b><br>10:00 45min<br>Cycle studio 1  | <b>YOGA</b><br>11:00 60min<br>Multipurpose room                            |
| <b>TABATA</b><br>10:30 45min<br>Studio 2                                 | <b>YOGA</b><br>10:00 55min <b>NEW</b><br>Multipurpose room                 | <b>PILATES</b><br>10:30 50min<br>Multipurpose room  | <b>YOGA</b><br>10:00 55min <b>NEW</b><br>Multipurpose room                          | <b>POWER WORKOUT</b><br>10:30 50min <b>NEW</b><br>Studio 2                                  | <b>PUMP CONDITIONING</b><br>10:15 50min<br>Studio 2   | <b>RELAXATION &amp; MEDITATION</b><br>12:00 30min<br>Multipurpose room     |
| <b>PILATES</b><br>10:30 50min<br>Multipurpose room                       | <b>YOGALATES</b><br>11:00 55min<br>Multipurpose room                       | <b>PUMP CONDITIONING</b><br>10:30 50min<br>Studio 2   | <b>YOGALATES</b><br>11:00 55min<br>Multipurpose room                                | <b>PILATES</b><br>10:30 50min<br>Multipurpose room  | <b>BREATHE &amp; STRETCH</b><br>11:00 60min<br>Multipurpose room  |  |
| <b>MOBILITY &amp; FASCIA RELEASE</b><br>11:30 45min<br>Multipurpose room | <b>TRX SUSPENSION TRAINING</b><br>11:00 40min <b>NEW</b><br>Studio 2       | <b>BOUNCE</b><br>Mini trampoline workout<br>11:30 45min<br>Studio 2                         | <b>MINDFULNESS GUIDED MEDITATION</b><br>12:00 30min <b>NEW</b><br>Multipurpose room | <b>YIN YOGA &amp; MINDFULNESS MEDITATION</b><br>11:30 90min <b>NEW</b><br>Multipurpose room | <b>BOUNCE</b><br>Mini trampoline workout<br>11:15 45min<br>Studio 2   |  |
| <b>BOOTY BURN</b><br>17:00 45min<br>Studio 2                             | <b>PLANK &amp; ABS CORE WORKOUT</b><br>17:15 45min <b>NEW</b><br>Studio 2  | <b>YIN YOGA &amp; MINDFULNESS MEDITATION</b><br>11:30 90min <b>NEW</b><br>Multipurpose room | <b>GOLF SPECIFIC FITNESS</b><br>12:00 40min<br>Studio 2                             | <b>BOUNCE</b> <b>NEW</b><br>Mini trampoline workout<br>11:30 45min<br>Studio 2              | <b>GUIDED MEDITATION</b><br>12:00 30min<br>Multipurpose room  |  |
| <b>BALLET FIT</b><br>18:00 45min<br>Studio 2                             | <b>PILATES</b><br>18:15 45min <b>NEW</b><br>Multipurpose room              | <b>TABATA</b><br>17:00 40min <b>NEW</b><br>Studio 2   | <b>HIIT</b><br>17:00 45min <b>NEW</b><br>Studio 2                                   | <b>TRX SUSPENSION TRAINING</b> <b>NEW</b><br>17:00 40min<br>Studio 2                        |   |  |
| <b>DYNAMIC STRETCH &amp; BALANCE</b><br>18:45 45min<br>Studio 2          |  | <b>BARRE FITNESS</b><br>18:00 45min<br>Studio 2   | <b>CORE</b><br>18:00 45min <b>NEW</b><br>Studio 2                                   | <b>YIN YOGA</b><br>17:45 75min <b>NEW</b><br>Multipurpose room                              | <b>NEW TO GROUP FITNESS CLASSES AND UNSURE OF WHAT CLASSES ARE FOR YOU?</b><br><br>Book a free group fitness consultation at reception or at <a href="mailto:campusclasses@quintadolago.com">campusclasses@quintadolago.com</a> |  |
|  |  | <b>DEEP STRETCH &amp; DECOMPRESS</b><br>18:00 40min <b>NEW</b><br>Multipurpose room         |   |   |   |  |
|  |  | <b>BALLET SCULPT</b><br>18:45 45min <b>NEW</b><br>Studio 2                                  |   |   |   |  |
|  |  |   |   |   |   |  |

## FITNESS SCHEDULE

Note: please ensure bags and personal belongings are stored in lockers as they are not permitted in the studio and teaching spaces for Health & Safety reasons.

- FITNESS & STRENGTH
- FUNCTIONAL
- MIND & BODY
- SPECIALIST
- MASTERCLASSES - €20 FOR MEMBERS / €25 FOR NON-MEMBERS



# SWIMMING



## QUINTA DO LAGO SPORTS ACADEMIES

The Quinta do Lago academies offer a standard of excellence when it comes to sports for children. We have brought together our triathlon, tennis and golf academies to build a programme for young athletes aged 5 to 10 who want to improve or start new sports using our state-of-the-art facilities.





# SWIMMING ACADEMY

## FOR ADULTS

### PERSONAL SWIM COACHING

⌚ 60min

For Adults

Work with a professional swimming coach to develop a tailor-made plan that monitors and motivates you to get fast results. Attention is paid to the needs and specific objectives of each swimmer.



**1 PT Session**

**€67 members** €92 non-members

**Pack of 4 PT Sessions**

**€248 members** €348 non-members

**Pack of 8 PT Sessions**

**€456 members** €636 non-members

All prices are per person.

### OPEN WATER

⌚ 60min

+15 years

Focusing on open water skills such as sightseeing and pace control. This Class is designed for athletes that want to improve their swimming skills in an open water environment, either in the sea or lake.

### TRISWIM

⌚ 60min

+15 years Group split into two levels.

For swimmers who are more ambitious and intend to go further. Focusing on specific drills, training methods and performance technique. To build up to competitive participation on swimming or triathlon events.



Free for annual members  
**€15 members** €20 non-members



Free for annual members

**€15 members** €20 non-members

All prices are per session, per person.

### SWIM, CYCLE, RUN

⌚ 90min

+15 years

Focusing on transitions between sports this training is designed for athletes who want to achieve the next level on triathlon.



Free for annual members

**€15 members** €20 non-members

All prices are per session, per person.

# FOR CHILDREN

### BABIES

⌚ 30min

6months-3 years

These lessons are designed to get kids comfortable in the water and teach them basic water safety.



Free for annual members

**€15 members** €20 non-members

### BEGINNERS

⌚ 40min

4-6 years

Lessons that enhance a child's development through playful exercises, using specific methods and techniques that promote fun and easy adaptation to the water and pool environment.



Free for annual members

**€15 members** €18 non-members

**€67 monthly fee** (1 class per week)

**€110 monthly fee** (2 classes per week)

### INTERMEDIATE

⌚ 40min

6-12 years

Learn and improve all the skills and techniques required to perform the four swimming strokes. This enables junior swimmers to enjoy the full experience of swimming without limits.



Free for annual members

**€15 members** €18 non-members

**€55 monthly fee** (1 class per week)

**€90 monthly fee** (2 classes per week)

**€115 monthly fee** (3 classes per week)

### ADVANCED

⌚ 60min

From 8 years

These lessons are for children that already know how to swim all four techniques (front crawl, backstroke, breaststroke, butterfly), and they may be part of a swimming team.



Free for annual members

**€15 members** €18 non-members

**€110 monthly fee** (2 classes per week)

**€130 monthly fee** (3 classes per week)

**€160 monthly fee** (4 classes per week)

### TRIATHLON FOR KIDS

⌚ 90min

7-15 years

These lessons will improve the skills of children who love to swim, cycle and run.

### PERSONAL SWIM COACHING

⌚ 60min

For Children

Work with a professional swimming coach to develop a tailor-made plan that monitors and motivates you to get fast results. Attention is paid to the needs and specific objectives of each swimmer.



**1 PT Session**

**€67 members** €92 non-members

**Pack of 4 PT Sessions**

**€248 members** €348 non-members

**Pack of 8 PT Sessions**

**€456 members** €636 non-members

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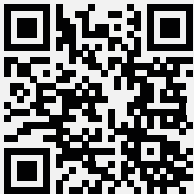


| MONDAY                            | TUESDAY                          | WEDNESDAY                         | THURSDAY                                       | SATURDAY                         |
|-----------------------------------|----------------------------------|-----------------------------------|--|----------------------------------|
| OPEN WATER<br>09:30 60min         | ADULTS SWIM<br>15:00 60min       | TRISWIM<br>08:30 60min            | SWIM, BIKE, RUN<br>09:30 120min                | KIDS ADVANCED<br>10:00 60min     |
| ADULTS SWIM<br>11:30 60min        | KIDS BEGINNERS<br>16:00 40min    | ADULTS SWIM<br>11:30 60min        | BABIES SWIM<br>19-36 months old<br>15:30 30min | KIDS INTERMEDIATE<br>11:00 40min |
| KIDS BEGINNERS<br>16:00 40min     | KIDS INTERMEDIATE<br>17:20 40min | KIDS BEGINNERS<br>16:00 40min     | KIDS BEGINNERS<br>16:00 40min                  |                                  |
| KIDS INTERMEDIATE<br>17:20 40min  | KIDS ADVANCED<br>18:00 60min     | KIDS INTERMEDIATE<br>17:20 40min  | KIDS INTERMEDIATE<br>17:20 40min               |                                  |
| TRIATHLON FOR KIDS<br>17:30 90min |                                  | TRIATHLON FOR KIDS<br>17:30 90min | KIDS ADVANCED<br>18:00 60min                   |                                  |
| KIDS ADVANCED<br>18:00 60min      |                                  | KIDS ADVANCED<br>18:00 60min      |  |                                  |

# TRIATHLON & SWIMMING SCHEDULE

This schedule may change according to demand.

STAY UPDATED WITH ANY CHANGES  
TO OUR SCHEDULE HERE



- +15 YEARS OLD
- ADULTS
- CHILDRENS



# 100 KM CHALLENGE

27<sup>th</sup> January

With breathtaking views, you'll cycle through Algarve's countryside to Salir. Open to advanced cyclists.

€ €17 per person

Departure at 09:00 from The Campus

Register today at [bikeshed@quintadolago.com](mailto:bikeshed@quintadolago.com) or +351 289 381 220



# THE BIKE SHED SERVICES

| BIKE RENTALS             | HALF DAY | 1 DAY | 2 DAYS | 3 DAYS | 4 DAYS | 5 DAYS | 6 DAYS | 7 DAYS |
|--------------------------|----------|-------|--------|--------|--------|--------|--------|--------|
| <b>CARBON ROAD BIKE*</b> | -        | €52   | €100   | €147   | €178   | €210   | €237   | €259   |
| <b>MOUNTAIN BIKE*</b>    | €32      | €49   | €89    | €113   | €139   | €155   | €166   | €177   |
| <b>EXTRA DAY*</b>        | €32      |       |        |        |        |        |        |        |

\*Helmets and pedals are included. Garmin stand not included.

## CYCLING SOCIAL SPINS

Discover the best of the stunning Algarve coastline or emerge into the countryside of the Algarve for the more challenging routes. Guided group rides for road cycling include our Easy level which has an average speed of 24km to 27km per hour and our Advanced level has an average speed of over 26km per hour.

|               |      |
|---------------|------|
| € 1 Spin      | €18  |
| Pack 10 Spins | €130 |

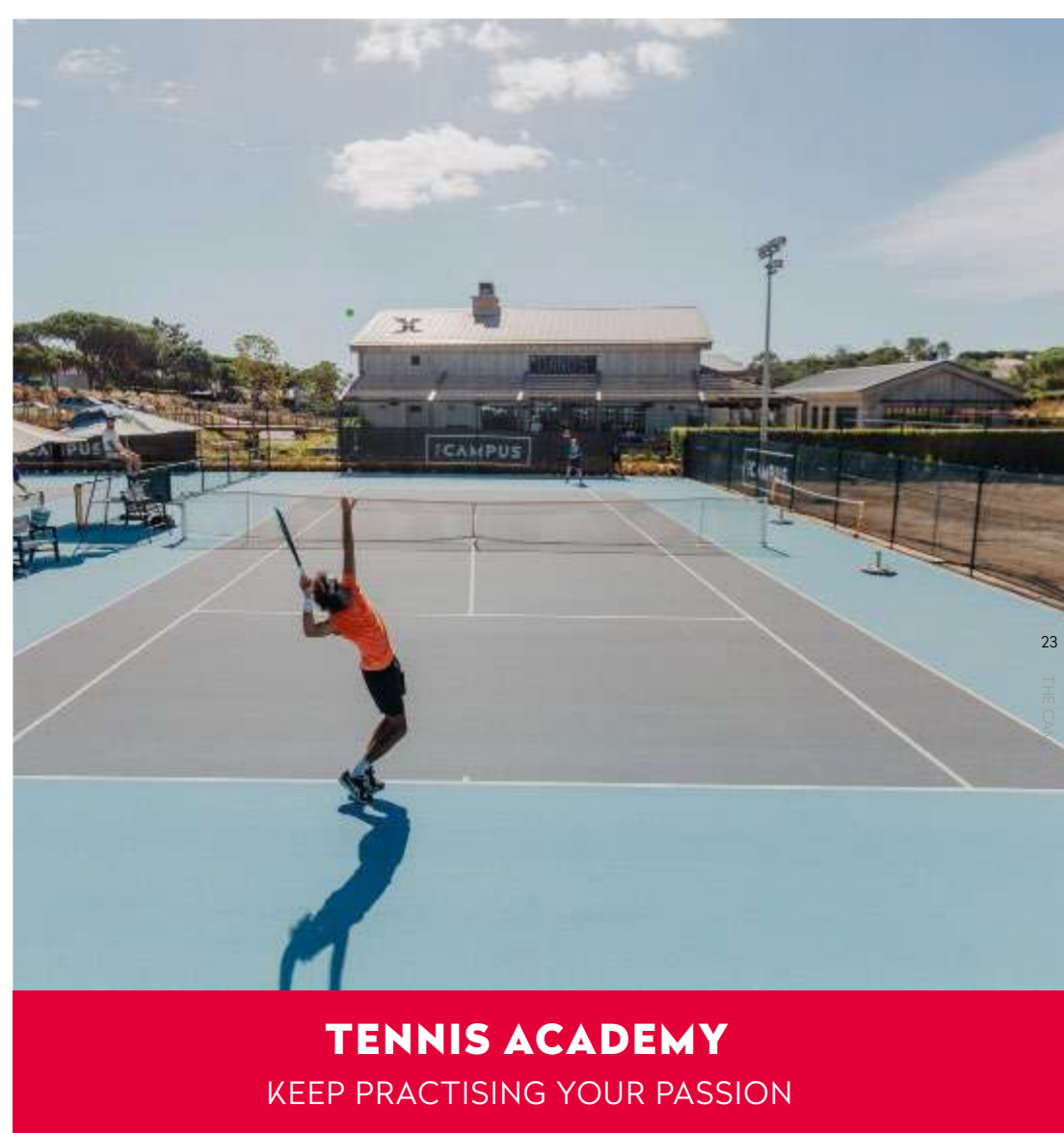
| TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|---|--|
| <b>ADVANCED LEVEL</b><br><b>09:00</b><br>Average speed<br>over 27km / hour<br><br>80 - 90 KM<br>3 - 4 hours<br>1000m elevation<br><br><b>EXPERIENCED BEGINNERS</b><br><b>09:30</b><br>Average speed<br>20-22km / hour | <b>INTERMEDIATE LEVEL</b><br><b>09:00</b><br>50 - 60 KM<br>2 - 2.5 hours<br>200 - 600m elevation<br><br>Average speed<br>over 25km / hour | <b>ADVANCED LEVEL</b><br><b>09:00</b><br>80 - 90 KM<br>3 - 4 hours<br>1.000m elevation<br><br>Average speed<br>over 27km / hour | <b>INTERMEDIATE LEVEL</b><br><b>09:00</b><br>50 - 60 KM<br>2 - 2.5 hours<br>200 - 600m elevation<br><br>Average speed<br>over 25km / hour | <b>MEDIUM / ADVANCED LEVEL</b><br><b>09:00</b><br>80 - 120 KM<br>3 - 4 hours<br>500 - 1000m elevation<br><br>Average speed<br>over 25km / hour |

## SERVICES

|                                      |              |           |
|--------------------------------------|--------------|-----------|
| Private Guided Cycle (max 5 persons) | €100 1h-3.5h | €135 4h+  |
| Performance Coaching                 | €140         | Per month |
| Beginners Guided Cycle               | €70          |           |







At The Campus, everyone is supported to achieve their dreams. That's why we've created the Tennis Academy, especially to support and coach young people to succeed in their favourite sport.

Open to players from age 4 to 18, the Tennis Academy focuses on two crucial areas of training: development and performance. With expert coaching, young players are taught to cultivate their passion for the sport, train with discipline and resilience and, above all, have fun.



PACKAGES FOR ADULTS

WEEKLY INTENSIVE TRAINING

Includes one morning group activity and a 1-hour private afternoon session every day Mon-Sat. €485  
Assessment required.  
⌚ Available from Monday to Saturday.

WEEKLY CLUB TRAINING

Play in one morning scheduled group activity every day per week. Assessment required. €145  
⌚ Classes included: Shot of the Week, Cardio Tennis, Tennis Tactics, Doubles Strategy and Open Doubles.

WEEKLY OPEN TRAINING

Access to four weekly scheduled classes per week. €92  
⌚ Classes included: Shot of the Week, Tennis Tactics, Doubles Strategy and Open Doubles.

JUNIOR ACADEMY

Perfect for young tennis players who want to develop their tennis skills, make friends and have fun down on The Campus premium tennis courts.

|                    |           |
|--------------------|-----------|
| TINY REDS          | Ages 4-6  |
| ROOKIE ORANGES     | Ages 7-8  |
| GREEN STARS        | Ages 9-10 |
| JUNIOR DEVELOPMENT | Ages +11  |

JUNIOR GROUP COACHING €24/hour



TENNIS FEE SHEET

RENTALS

|               |                       |
|---------------|-----------------------|
| Tennis Court  | €38                   |
| Pack 5 Hours  | 5% discount per hour  |
| Pack 10 Hours | 10% discount per hour |

PRIVATE LESSONS

|                        |              |
|------------------------|--------------|
| Up To 2 Players        | €72.50       |
| 3 Players              | €83          |
| 4 Players              | €93          |
| Pack 5 Lessons         | 5% discount  |
| Pack 10 Lessons        | 10% discount |
| Lesson with Head Coach | €85          |

GROUP COACHING

|        |     |
|--------|-----|
| Adults | €29 |
|--------|-----|

CARDIO TENNIS

|             |     |
|-------------|-----|
| Members     | €21 |
| Non-Members | €30 |

TOURNAMENTS & ROUND ROBINS

|             |     |
|-------------|-----|
| Members     | €8  |
| Non-Members | €16 |

RENTALS & SERVICES

|                             |        |
|-----------------------------|--------|
| Racket Rental               | €8     |
| Racket Rental Premium       | €15    |
| Racket Stringing - Standard | €27    |
| Racket Stringing - Premium  | €33    |
| Stringing Only              | €15.50 |

HAPPY HOUR

EVERY DAY 13:00 - 16:00  
€10 discount on rentals & private lessons\* (only valid for guests)

\* Adult group coaching is complimentary for Annual Members

RACKET MEMBERSHIP

- Free rentals
- 30% off tennis and padel private lessons and group classes
- 50% off tournament and round robins

€ €720 PER YEAR

ULTIMATE TENNIS MEMBERSHIP

- Free access to adult activities on tennis weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

€ €1200 PER YEAR





## PADEL ACADEMY

THE THRILL OF PLAYING A SPORT YOU LOVE

Experience the amazing game of Padel with The Campus Padel Academy! The incredible facilities of The Campus offer players of all ages and levels access to professional Padel courts, equipped with the latest carpet technology, special shock-pad features and court floodlights. On these incredible playing surfaces, you can have 1:1 coaching, play friendly games and even take part in social and interclub (Level 2) tournaments. Whether you are looking to learn the rules of the game, improve your performance, or simply want to enjoy the thrill of playing a sport you love, you are welcome at The Campus Padel Academy.





# PADEL FEE SHEET

## RENTALS

|                     |                       |
|---------------------|-----------------------|
| Padel Court         | €38                   |
| Covered Padel Court | €45                   |
| Pack 5 Hours        | 5% discount per hour  |
| Pack 10 Hours       | 10% discount per hour |

## PRIVATE LESSONS

|                        |              |
|------------------------|--------------|
| Up To 2 Players        | €72.50       |
| 3 Players              | €83          |
| 4 Players              | €93          |
| Pack 5 Lessons         | 5% discount  |
| Pack 10 Lessons        | 10% discount |
| Lesson with Head Coach | €85          |

## GROUP COACHING

|               |     |
|---------------|-----|
| Adults 60min  | €24 |
| Adults 90min  | €36 |
| Juniors 60min | €24 |

## TOURNAMENTS

|             |     |
|-------------|-----|
| Members     | €8  |
| Non-Members | €16 |

## RACKET RENTALS

|                |     |
|----------------|-----|
| Regular Racket | €8  |
| Premium Racket | €15 |

## HAPPY HOUR

**EVERY DAY** 13:00 - 16:00

€10 discount on rentals & private lessons\* (only valid for guests)

\* Adult group coaching is complimentary for Annual Members

# JOIN OUR PADEL LEAGUE Open to levels 2, 3 and 4

## RULES

1. Sign up as pair or contact us directly to find a partner;
2. Sign up without a partner / pair does not count as a slot used;
3. If there is a team with 2 different levels the team need to play the higher level;
4. The team/person who wins 2 tournaments or reaches 3 finals moves up to the next level;
5. If anyone doesn't know there level, contact the Head Coach for an assessment.

## FORMAT

### Winter Season - November to March

Max.16 players - 2 groups  
Round Robin on Group Stage  
Semi Final/Final  
Draw B  
Weekly Prizes

### Summer/Spring Season - April to November

Max. 20 players - 2 groups  
Semi Final/Final  
Draw B  
Weekly Prizes

| POINTS & PRIZES               | LEVEL 4                   | LEVEL 3+                | LEVEL 3                 | LEVEL 2                 |
|-------------------------------|---------------------------|-------------------------|-------------------------|-------------------------|
| <b>WINNER</b>                 | <b>10</b>                 | <b>25</b>               | <b>18</b>               | <b>50</b>               |
| <b>YEAR END PRIZES</b>        | 3 month Racket Membership | 3 month Full Membership | 6 month Full Membership | 1 year Full Membership  |
| <b>RUNNER UP</b>              | <b>5</b>                  | <b>20</b>               | <b>12</b>               | <b>30</b>               |
| <b>YEAR END LEAGUE PRIZES</b> | 1 month Racket Membership | 1 month Full Membership | 3 month Full Membership | 6 month Full Membership |

## RACKET MEMBERSHIP

- Free rentals
- 30% off tennis and padel private lessons and group classes
- 50% off tournament and round robins

€ €720PER YEAR

## ULTIMATE PADEL MEMBERSHIP

- Free access to adult activities on Padel weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

€ €1200 PER YEAR

TENNIS

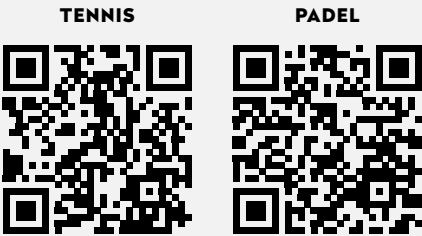
| MONDAY                              | TUESDAY                             | WEDNESDAY                           | THURSDAY                            | FRIDAY                              | SATURDAY                        |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------------|
| SHOT OF THE WEEK<br>09:30 - 11:00   | CARDIO TENNIS<br>10:00 - 12:00      | TENNIS TACTICS<br>09:30 - 11:00     | CARDIO TENNIS<br>10:00 - 12:00      | DOUBLES STRATEGY<br>09:30 - 11:00   | ROOKIE ORANGES<br>09:00 - 10:00 |
| TINY REDS<br>17:00 - 18:00          | JUNIOR PERFORMANCE<br>17:00 - 19:00 | TINY REDS<br>17:00 - 18:00          | JUNIOR PERFORMANCE<br>17:00 - 19:00 | JUNIOR PERFORMANCE<br>16:00 - 18:00 | TINY REDS<br>10:00 - 11:00      |
| STAR GREENS<br>17:00 - 18:30        | MIX TRAINING<br>19:00 - 20:00       | STAR GREENS<br>17:00 - 18:30        | OPEN DOUBLES<br>18:00 - 20:00       | STAR GREENS<br>17:00 - 18:30        | OPEN DOUBLES<br>10:00 - 12:00   |
| JUNIOR PERFORMANCE<br>17:30 - 19:30 |                                     | JUNIOR PERFORMANCE<br>17:00 - 19:00 |                                     | JUNIOR DEVELOPMENT<br>18:30 - 20:00 |                                 |
| ROOKIE ORANGES<br>18:00 - 19:00     |                                     | ROOKIE ORANGES<br>18:00 - 19:00     |                                     |                                     |                                 |
| JUNIOR DEVELOPMENT<br>18:30 - 20:00 |                                     | JUNIOR DEVELOPMENT<br>18:30 - 20:00 |                                     |                                     |                                 |

TENNIS & PADEL SCHEDULE

Courts available for rental 7 days a week.  
This schedule may change according to demand.

\*Please note that the weekly tennis activities will take priority over all courts and bookings.

STAY UPDATED WITH ANY CHANGES TO OUR SCHEDULES HERE



PADEL

| MONDAY                                     | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                    | SATURDAY                                 | SUNDAY                                    |
|--|---|---|---|---|--|---|
| PADEL TRAINING (LEVEL 4)<br>09:00 - 10:30  | PADEL TRAINING (LEVEL 3)<br>09:00 - 10:30 | PADEL TRAINING (LEVEL 4)<br>09:00 - 10:30 | PADEL TRAINING (LEVEL 3)<br>09:00 - 10:30 | PADEL TRAINING (LEVEL 4)<br>09:00 - 10:30 | PADEL KIDS (AGES 6-14)<br>09:00 - 10:00  | PADEL KIDS (AGES 6-14)<br>09:00 - 10:00   |
| SHOT OF THE WEEK<br>11:00 - 12:00          | PADEL LEAGUE (LEVEL 4)<br>17:00 - 18:30   | LADIES PADEL TRAINING<br>17:00 - 18:30    | MATCH & TACTIS (LEVEL 3)<br>17:00 - 18:30 | INTERCLUB TRAINING<br>18:30 - 20:00       | ORGANISED GAMES FOR ALL<br>10:00 - 12:00 | PADEL TRAINING (LEVEL 4)<br>10:00 - 11:30 |
| MATCH & TACTICS (LEVEL 2)<br>17:30 - 19:00 | PADEL LEAGUE (LEVEL 3)<br>18:30 - 20:00   |   | PADEL LEAGUE (LEVEL 2)<br>18:30 - 20:00   |   |  |   |

Classes & activities included in The Campus memberships:

- ANNUAL MEMBERSHIP
- ULTIMATE PADEL MEMBERSHIP
- ULTIMATE TENNIS MEMBERSHIP
- CLASSES FOR JUNIORS ONLY
- TOURNAMENTS NOT INCLUDED IN ANY OF ABOVE MEMBERSHIPS



MASSAGES, REHABILITATION  
TREATMENTS & WELLNESS

## SPORTS MASSAGE

|        |      |
|--------|------|
| 50 min | €90  |
| 75 min | €125 |

## DEEP TISSUE

|        |      |
|--------|------|
| 50 min | €90  |
| 75 min | €125 |

## SWEDISH

|        |      |
|--------|------|
| 50 min | €85  |
| 75 min | €120 |

## BACK, NECK &amp; SHOULDERS

|        |     |
|--------|-----|
| 25 min | €55 |
| 40 min | €70 |

## PHYSIOTHERAPY EVALUATION

|  |     |
|--|-----|
| It's required an initial appointment to evaluate your condition and needs. | €38 |
|--|-----|

## PHYSIOTHERAPY SESSIONS

|        |      |
|--------|------|
| 50 min | €100 |
| 75 min | €135 |

## PHYSIOTHERAPY PACKAGES

- Injury Prevention
- Performance
- Surgery Rehabilitation
- Cardiopulmonary Rehabilitation
- Rehabilitation
- Pre-Surgery Specific
- Postural Correction

Note: Physiotherapy packages must be used within 30 days.

|        |             |       |
|--------|-------------|-------|
| 50 min | 8 Sessions  | €760  |
| 50 min | 12 Sessions | €1122 |

## LYMPHATIC DRAINAGE

|        |     |
|--------|-----|
| 50 min | €85 |
|--------|-----|

## MESOTHERAPY

|             |     |
|-------------|-----|
| Per Session | €70 |
|-------------|-----|

## OSTEOPATHY

|        |      |        |      |
|--------|------|--------|------|
| 50 min | €100 | 75 min | €135 |
|--------|------|--------|------|

## TERMS &amp; CONDITIONS

Evaluation is free for children under 5, subject to availability · Juniors under 18 have 50% discount on treatments; (subject to availability and not applicable in April, June, July & August); · All annual and monthly members have 10% discount in all the treatments.

Book your treatment at [www.thecampusqdl.com](http://www.thecampusqdl.com)

# PART OF QUINTA DO LAGO



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**FOR MORE INFORMATION PLEASE CONTACT US**

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