

JOIN US

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

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

¹ Valid for 12 months from date of joining.

² 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.

€	WEEKLY	€35.00 per week
	DAILY	€15.00 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

€	MONTHLY	€150 per month
	WEEKLY	€75 per weekly

RACKET MEMBERSHIP

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

€ **€720 PER 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**

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**

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.
€	€67 members €92 non-members	€248 members €348 non-members	€456 members €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**

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.

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

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

SWIM, CYCLE, RUN ⌚ 90min

+15 years

Focusing on transitions between sports this training its 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

THE BIKE SHED SERVICES

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 €20 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 €20 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 €20 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.

€ **€45 monthly fee**

PERSONAL SWIM COACHING

⌚

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

All prices are per person.

BIKE RENTALS

CARBON ROAD BIKE*

MOUNTAIN BIKE*

EXTRA DAY*

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

*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
ADVANCED LEVEL 09:00 Average speed over 27km / hour 80 - 90 KM 3 - 4 hours 1000m elevation	INTERMEDIATE LEVEL 09:00 50 - 60 KM 2 - 2.5 hours 200 - 600m elevation Average speed over 25km / hour	ADVANCED LEVEL 09:00 80 - 90 KM 3 - 4 hours 1.000m elevation Average speed over 27km / hour	INTERMEDIATE LEVEL 09:00 50 - 60 KM 2 - 2.5 hours 200 - 600m elevation Average speed over 25km / hour	MEDIUM / ADVANCED LEVEL 09:00 80 - 120 KM 3 - 4 hours 500 - 1000m elevation Average speed over 25km / hour
EXPERIENCED BEGINNERS 09:30 Average speed 20-22km / hour				

SERVICES

Private Guided Cycle (max 5 persons) €100 1h-3,5h €135 4h+
 Performance Coaching €140 Per month
 Beginners Guided Cycle €70

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	€83.00
4 Players	€93.00
Pack 5 Lessons	5% discount
Pack 10 Lessons	10% discount
Lesson with Head Coach	€85

GROUP COACHING

Adults	€29
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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

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



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
WINNER	10	25	18	50
YEAR END PRIZES	3 month Racket Membership	3 month Full Membership	6 month Full Membership	1 year Full Membership
RUNNER UP	5	20	12	30
YEAR END LEAGUE PRIZES	1 month Racket Membership	1 month Full Membership	3 month Full Membership	6 month Full Membership

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SPORTS, WELLNESS & REHABILITATION



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 & SHOULDERS

25 min	€55
40 min	€70

PHYSIOTHERAPY EVALUATION

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

Per Session	€70
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OSTEOPATHY

50 min	€100	75 min	€135
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TERMS & 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