

# CLASSES & ORGANISED PLAY

Courts available for rental 7 days a week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>ADULT GROUP COACHING TENNIS</i> 9:00 – 11:00	<i>ADULT CARDIO TENNIS</i> 9:00 – 11:00	<i>MEN'S ROUND ROBIN + GROUP COACHING TENNIS</i> 12:00 – 14:00	<i>ADULT CARDIO TENNIS</i> 9:00 – 11:00	<i>ADULT GROUP COACHING TENNIS</i> 9:00 – 11:00	<i>PADEL ROUND ROBIN</i> 9:00 – 11:00	<i>OPEN DAY TENNIS</i> 10:00 – 12:00
<i>INVITATIONAL ROUND ROBIN TENNIS</i> 13:30 – 15:30	<i>COACHING JUNIOR DEVELOPMENT TENNIS Under 18</i> 16:00 – 19:00	<i>COACHING JUNIOR DEVELOPMENT TENNIS Under 18</i> 12:00 – 14:00	<i>COACHING JUNIOR DEVELOPMENT TENNIS Under 18</i> 16:00 – 19:00	<i>COACHING JUNIOR DEVELOPMENT TENNIS Under 18</i> 16:00 – 19:00	<i>MIX ROUND ROBIN TENNIS</i> 9:30 – 11:30	<i>OPEN DAY PADEL</i> 10:00 – 12:00
<i>COACHING JUNIOR DEVELOPMENT TENNIS Under 18</i> 16:00 – 19:00	<i>PERFORMANCE JUNIOR TENNIS Under 18</i> 17:30 – 19:30	<i>PERFORMANCE JUNIOR TENNIS Under 18</i> 17:30 – 19:30	<i>PERFORMANCE JUNIOR TENNIS Under 18</i> 17:30 – 19:30	<i>PERFORMANCE JUNIOR TENNIS Under 18</i> 17:30 – 19:30	<i>DROP &amp; GO</i> 9:30 – 11:30	
<i>PERFORMANCE JUNIOR TENNIS Under 18</i> 17:30 – 19:30	<i>PADEL TEAM TRAINING</i> 18:30 – 20:00	<i>ADULT GROUP COACHING PADEL</i> 18:30 – 19:30	<i>MENS ROUND ROBIN TENNIS</i> 18:30 – 20:30			
<i>ADULT GROUP COACHING PADEL</i> 18.30 – 19.30		<i>MIX ROUND ROBIN TENNIS</i> 18:30 – 20.30	<i>THURSDAY NIGHT PADEL</i> 18:30 – 21.00			

- TENNIS
- PADEL
- CARDIO
- RACKET + OTHER SPORTS



## PROGRAMME

### ADULT GROUP COACHING TENNIS AND PADEL

A 6 hour programme divided into 3 sessions that will provide you an all-round improvement of your game from stroke to strategy, through lessons carefully planned by our team to make you achieve the next level in your game both in tennis and in padel!

### ADULT CARDIO TENNIS

Tennis with a beat! With cardio tennis we combine fitness with the sport you love while listening to the best dance music. Our experienced team will make time fly during this session in a fun and relaxed environment. You should be able to rally to participate.

### ROUND ROBIN

Join in if you want to play a good game of doubles in a friendly environment with some of our resident members and other holiday makers.

### MEN'S ROUND ROBIN + COACHING

2 hour session of tennis, the 1st hour will consist of technical and tactical drills with the tennis pro. And the 2nd hour consists of a match practice amongst the players within the coaching session.

### CORPORATE PADEL LEAGUE

Sign up your company for the Padel League.

### SINGLES AND DOUBLES TENNIS LEAGUES

A promotion and relegation system that encourages you to challenge your match play abilities.

### TENNIS & PADEL PRIVATE COACHING

The Campus offers a continuous, round the clock service of private coaching. Whether you're a complete beginner or a high-performance player our team can provide you with a great tennis experience at our facilities making sure your tennis will be better than when you arrived!

### PADEL MATCH-PLAY SESSION

A game played with one of the team coaches and 3 players. This format provides you with a fun but competitive game while in the meantime you are receiving advice from the pro that you can implement in the following points and future games!

### SPECIAL NEEDS PROGRAMME

The Campus provides you with a tutoring specially designed for what you need to make sure you can appreciate playing this fantastic sport in the best environment available.

### CAMPUS TEAM PADEL TRAINING

Group training aimed at our best padel players to develop their technical and tactical skills in a weekly training provided by our team of coaches.

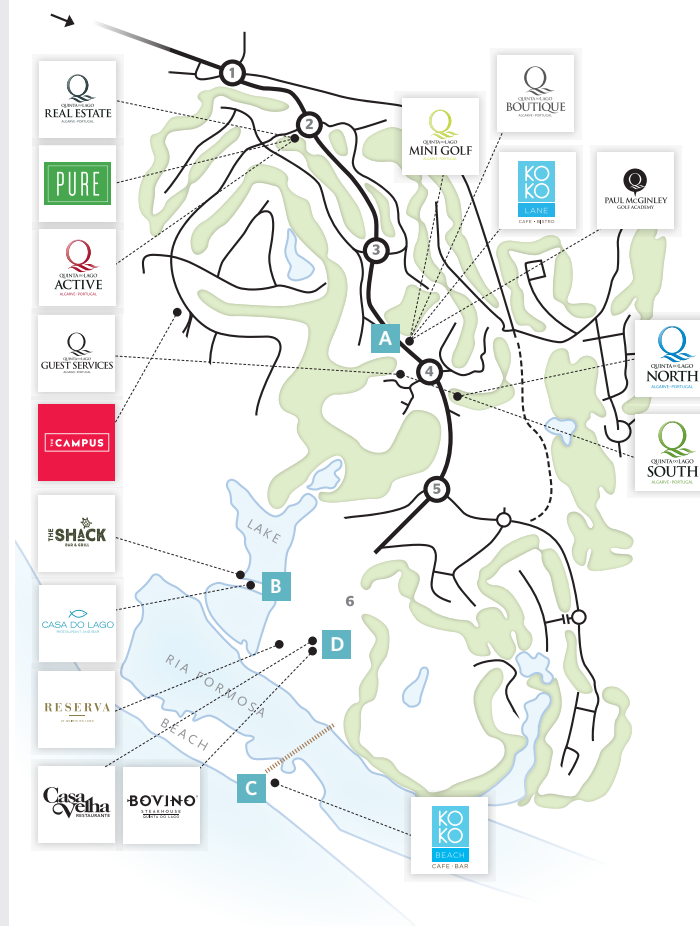
### JUNIOR DEVELOPMENT

An age specified programme that will provide every child/teen with the most appropriate coaching according to their age and standard, going from picking up the racket for the first time up to adulthood.

### RED BALL | ORANGE BALL | GREEN BALL | FULL BALL

### JUNIOR PERFORMANCE

Ideal for competitive youngsters of a high level that want to maintain/increase their tennis capabilities by training/competing in our junior performance programme with our best year-round juniors. Physical training can also be added to reach higher levels of performance.



- To participate in any group coaching sessions, round robins or leagues players must book in advance
- To be able to address the players to the right level please consult the Head Coach or any coach on duty for assessment