

ENGLISH 18/05/2012 - 24/05/2012

WELCOME TO CLUB LA SANTA

Dear Guest,

It is our pleasure to welcome you to Club La Santa. We have tried to gather all relevant information about the Sports Department for you and hope you will find it helpful. Should you have any questions regarding the sports activities, events or facilities, please do not hesitate to ask us. Please also read about upcoming event races, event weeks and seminars at Club La Santa. We hope you enjoy your holiday.

SPORTS BOOKING AND THE TOKEN SYSTEM

When you pay for your holiday at Club La Santa, it includes instruction in various sports, participation in tournaments, competitions and the use of sports equipment for the different types of sport.

To borrow equipment you need a token. A token is a small plastic voucher, which you can pick up in Sports Booking by leaving a deposit. Your deposit can be your passport, driving licence or official ID-card. Please note — that should you lose your token the fine is 20 € per token.

Sports Booking is the place you go when you want to sign up for the different activities. It is also here that you can borrow sports equipment by handing in your token. You can borrow one piece of equipment at a time. If you want to borrow a bicycle (only possible for 4 hours in the morning or in the afternoon) you can book it one day in advance in Sports Booking. When you pick it up in the Bike Centre you must bring your token and leave it in the Bike Centre as deposit for the bicycle. Please note that there are locks available in the Bike Centre. Club La Santa will charge you 600 € if the bike is stolen or lost! Failure to return the bike to the Bike Centre before closing time will incur a 10 € fine.

When you borrow or rent equipment at Club La Santa you are responsible for that piece of equipment from the moment you borrow it until it is returned to Sports Booking, Bike Centre or Windsurf Station. Should you

damage the equipment, or should it be stolen while in your possession, Club La Santa has the right to seek compensation accordingly.

In Sports Booking you can also:

- Reserve courts for e.g. tennis, badminton and squash
- Sign up for instruction
- Sign up for tournaments and competitions
- Buy balls, maps, logo items etc.
- Get further information about all Club La Santa event weeks and races

In the weekly programme you can see which activities you must sign up for, and which activities you just turn up for. For all activities marked with * you sign up in Sports Booking, ☒ you sign up in the Fitness Centre, ^ book and pay in the Wellness Centre, ** sign up and pay in Sports Booking, *** in the Guide Department and **** in the Diving Centre.

Please note that participation in all sports activities and the use of all sports facilities is at your own risk and Club La Santa cannot be held responsible for any accidents or injuries sustained.

Club La Santa reserves the right to make changes to the programme.

- Times and the programme are subject to change without prior notice.
- Changes will be clearly stated in the information boxes.

Booking rules

- Courts, Bikes and Windsurfing can only be booked one day in advance
- Instructions and classes can be booked two days in advance (except Windsurfing — only one day)
- Morning events and Tournaments can be booked at any time
- Bookings can only be made for one court per sport at a time. One court per apartment
- You can only book one instruction or class in the same sport each day. You must arrive at least 5 minutes before to ensure your place.
- You can only book courts and instructions for the people sharing your apartment
- Remember the 10 minute rule. If you do not turn up in time for your reservation - after 10 minutes the facility or equipment is free for others to use

- Most personal instructions are per hour. Read more about it under the section "Personal Instruction"
- It is not possible to make bookings over the telephone
- Groups can pre-book facilities before arrival but cannot sign up their whole group for the weekly instructions and tournaments in Sports Booking. However, they can ask for instruction or a tournament as a personal instruction. The group leader can make a request through the Groups Department, situated beside Reception
- Time Share Owners can book courts two days in advance
- TSOs can book "self surf" two days in advance
- TSOs can book bikes for a whole day and two days in advance

Please respect:

- Levels: Green = beginners, Blue = intermediate, Red = experienced
- Age limits:
Club La Santa reserves the right to ask for proof of your age when joining one of our events/ instructions. Your cooperation is appreciated.
- Heights (windsurfing; min. 1,50m)

Opening Hours:

Sports Booking	Monday	09.00-18.00
	Tuesday - Sunday	09.00-19.00
Event Office	Event weeks and races	
	Monday - Friday	09.00-17.00
Guide Office	Every day	09.00-16.00
Windsurf Station	Every day	10.00-17.00
Bike Centre	Monday	09.00-18.00
	Tuesday - Sunday	08.00-19.00
Fitness Centre	Every day	09.00-13.00
	Monday	14.00-19.00
	Tuesday - Sunday	14.00-20.00

Training Centre (in the Fitness Centre):

Varies from week to week. Please check the opening hours on the door of the Training Centre

Facilities:

- Bike Shed
- Tennis Courts (9)
- Stadium/Athletics
- The Lawn (aerobics)
- Weight-lifting
- Beach Volley Courts (2)
- Leisure Pool
- Minigolf
- Fitness Centre
- Indoor Rowers (5)
- Sportshall: 6 Badminton courts - 2 Volleyball courts - Handball court - Basketball courts (indoor/outside)
- Boxing Ring
- 5-a-side (aerobics/football)
- Football Pitch
- Squash Courts (4)
- Windsurf Station (Lagoon)
- Olympic size pool
- Children's Pool
- Padel Courts (3)
- Body Bike room

Equipment:

- Tennis rackets (adults/ children)
- Squash rackets (adults/ children)
- Badminton rackets
- Golf clubs

- Padel rackets (adults/ children)
- Mini golf clubs (adults/ children)
- Masks/snorkels
- Aqua joggers
- Handballs
- Volley balls (indoor/outdoor/nets)
- Plastic balls
- Swim equipment: floats/pull bouys etc.
- Road bikes
- City bikes (evtl w/child seat)
- Children bikes
- Baby joggers
- Kayak, sea kayak
- Windsurf
- Flippers
- Table tennis (bats + net)
- Boxing gloves
- Footballs
- Basket balls
- Children's beach equipment
- Measuring tape
- MTB
- Electric bikes
- Helmets/locks
- Walking sticks
- Paddle surf

Rentals:

- Racing bikes (SuperSix Carbon Ultegra compact)
- Triathlon bikes (Carbon 105 compact)
- Golf bags (book in the Guide Dep.)
- TV + DVD
- Coffee machines
- Baby joggers

To purchase in Sports Booking:

- Tennis balls/ Padel balls
- Plastic/ feather shuttle cocks
- Table tennis balls
- Club La Santa merchandise
- Softballs
- Squash balls
- Golf balls
- Re-stringing

PLAY TIME

Play Time is not a playgroup, but a place for children aged 3-12 to find some friends and take part in organized activities. To find out more about what is offered in Play Time, please pick up the information booklet in Sports Booking or stop by Play Time, which is located between Reception and the Square.

PADI SCUBA DIVING CENTRE

The PADI Scuba Diving Centre is situated by the Leisure Pool.

EVERY DAY ACTIVITIES AND EXCURSIONS FROM THE SCUBA DIVING CENTRE:

08.30-12.00	Scuba Diving Safari, beg./experienced
09.00	Scuba Diving Instruction in the pool
13.00-16.30	Scuba Diving Safari, beg./experienced
14.00	Scuba Diving Instruction in the pool

EXCURSION "SNORKEL SAFARI" (beginners and experienced)

Sunday	13.30-17.00	Monday	08.30-12.00
Tuesday	08.30-12.00	Wednesday	08.30-12.00

For further information and bookings please contact the Scuba Diving Centre.

Thursday: closed

GUIDE DEPARTMENT

The Green Team also consists of a Guide Department, which is located in Sports Booking. The following services are offered:

- Airport transfers
- Excursions
- Information Tours
- Assistance with the local authorities

Please pick up our information booklet about the Guide Department, where you can read more about the excursions, prices, offers etc., or take a look in the illustrated excursion file on show in the department.

CLUB LA SANTA INSTRUCTIONS PROGRAMME

All instructions to be booked in Sports Booking.

Instruction levels:	Green	=	Beginners
	Blue	=	Intermediate
	Red	=	Experienced

You must arrive at least 5 minutes before to ensure your place, otherwise your place might be taken by a guest on the waiting list.

SWIMMING: Meeting point; Olympic Pool – At the showers (min. 5 years).

Booking: Max. 2 days in advance.

Children, green	Monday, Wednesday	11.00-11.30
Children, blue	Monday, Wednesday	11.30-12.00
Children, red	Monday	12.00-12.30
Adults, green	Monday, Wednesday	10.00-10.30
Adults, blue	Monday, Wednesday	10.30-11.00
Adults, red	Monday, Wednesday	12.30-13.00
Turns & starts	Wednesday	12.00-12.30

*Personal instruction, all levels Contact Sports Booking

During the above mentioned times lane 8 in the Olympic Pool is only for guests participating in the instruction. Please contact the Green Team Instructor for availability of lane 8 during instruction times.

GOLF INSTRUCTION IN COSTA TEGUISE (free of charge).

Sunday, 08.00-13.00. Meeting point: Sports Booking at 08.00.

Booking: until Saturday before 12.00hrs.

Range	09.00
Putting	10.00
Chipping	11.00

WINDSURFING: Meeting point; Surf Station (can only be booked up to 1 day in advance). Min. height 1.50 m.

Green	Sunday-Thursday	10.00 & 11.30
“Refresh”	Monday	14.00
Blue	Friday, Tuesday, Thursday	14.00
	Friday, Monday, Tuesday	15.00
Red	Monday, Thursday	16.00

Self-surf (some knowledge and experience of windsurf is required)
 Every day 10.00, 11.00 & 12.00
 Monday-Tuesday, Thursday-Sunday 14.00, 15.00 & 16.00

*Personal instruction, all levels Contact Sports Booking

KAYAKING: Meeting point; Surf Station (Min. age 14 – must be competent swimmers). Booking: Max. 2 days in advance.

all	Monday	08.45-09.45 & 13.00-14.00
*Self Kayaking	Every day	10.00-17.00

*Personal instruction, all levels Contact Sports Booking

TENNIS: Meeting point; Tennis Court 1. Booking: Max. 2 days in advance.

Children, green, 7-14 yrs	Thursday	17.00-17.45
Children, green, 7-10 yrs	Sunday	09.30-10.15
Children, green, 11-14 yrs	Sunday	10.15-11.00

Adults, green	Sunday, Wednesday	12.00-13.00
	Thursday	15.00-16.00
Adults, blue	Sunday, Wednesday	11.00-12.00
	Thursday	16.00-17.00
Adults, red	Sunday, Wednesday	11.00-12.00
Serving, green	Wednesday (extra)	10.00-10.30
Serving, blue/red	Wednesday (extra)	10.30-11.00

*Personal instruction, all levels Contact Sports Booking

BADMINTON: Meeting point; Badminton Hall. Booking: Max. 2 days in advance

Children, 7-14 years	Monday	09.15-10.00
Adults, green	Monday	11.00-12.00
Adults, blue	Monday	10.00-11.00

*Personal instruction, all levels Contact Sports Booking

SQUASH: Meeting point; Squash Court 1. Booking: Max. 2 days in advance.

Children, 7-14 yrs.	Sunday	15.15-16.00
Adults, green	Sunday	16.00-17.00
Adults, blue/red	Sunday	17.00-18.00

Personal Instruction

If you should prefer to receive Personal instruction to improve your skills or you wish to have your very own instructor, Club La Santa now offers coaching custom-built for your specific needs in the following sports:

- Tennis
- Swimming
- Windsurfing
- Biking Roadbike & MTB
- Fitball
- Badminton
- Running
- Kayak
- Body Bike
- Rowing machines

If your sport is not listed above, please do not hesitate to request the instruction anyway. In order to request Personal instruction, you need to go to Sports Booking, where you fill out a request form. The request form will be passed on to the specific instructor. Please contact Sports Booking the following day for confirmation. We kindly ask you to make the request at least 1 day in advance, since we cannot guarantee the availability of the instructor for the same day that the request for coaching is made.

PRICES:	1 person	1 hour	30,00 €
	per extra person	1 hour	10,00 €

The Personal instruction must be paid in advance in Sports Booking.

Training Centre (situated in the Fitness Centre)

Achieve your aims in training. Become faster, stronger, more efficient or if you just want to feel fit and maybe lose a little weight. We can help you by offering the following services:

- Personal Training (Swim, bike and run tuition available during your stay at Club La Santa)
- Heart Rate Testing (VO2 Max, training zones, fat burning, learning to train efficiently, biking, running or rowing using a heart rate monitor)
- Training Programmes (To achieve your goals, while fitting in with your life style. Weekly programmes available during your stay at Club La Santa or by email when you return home)
- Training Consultations (Come and talk about any queries, problems or for any advice you need concerning your training).
 Check with the Training Centre for costs involved and booking.

SPORTS ACTIVITIES

Daily Activities:

Every day	08.00	Morning Gymnastics	Leisure Pool
	08.15	Morning Run, 2 km, 3 km, 5 km	Stadium
	08.15	Morning Walk, 3 km	Stadium

Tournaments:

Sunday	14.00*	Social Tennis tournament, red/blue, min. age 25	CT I
	16.15*	Beach Volley tournament, min 14 years	Beach
	17.00*	Tennis tournament, children	CT I
Monday	10.00*	Squash tournament, children	Squash CT I
	11.00*	Squash tournament, blue, min 16 years	Squash CT I
	14.00*	Squash tournament, red/green, min 16 yrs	Squash CT I
	12.00*	Tennis tournament, red, min 16 years	CT I
	14.00*	Tennis tournament, blue, min 16 years	CT I
	16.00*	Tennis tournament, green, min 16 years	CT I
Tuesday	10.00*	Badminton tournament, children	Badminton Hall
	12.00*	Badminton tournament, blue, min 16 years	Badm. Hall
	14.00*	Badminton tournament, red/green, min 16 yrs	Badm. Hall
	14.00*	Social Padel tournament, all, min 25 years	Padel CT I
	15.00*	Social Tennis tournament, blue/red, min 25 years	CT I
Wednesday	10.00	Beach Volley Instr.+Social tournament	Beach Volley CT

Races & Challenges:

Sunday	17.00*	5 or 10k race (run)	Stadium
	18.15*	Concept II 2000m Rowing Challenge	Fitness Centre
Monday	07.45*	Duathlon (2.5km Run + 14.8km Bike + 2.5km Run)	Stadium
	14.00*	Aquathlon (200m swim + 3km run)	Olympic Pool
Tuesday	07.45*	½ Marathon (21.1 km run)	Stadium
Wednesday	07.45*	Mini-triathlon(400m Swim + 15.2km Bike + 4.4km Run)	Stadium
	14.00	Windsurf Race, green	Windsurf Station
	15.00	Windsurf Race, red	Windsurf Station
	16.00	Windsurf Race, freestyle	Windsurf Station

Social Events:

Sunday	10.00	Body sculpting for girls, 15-18 years	Fitness
	11.30	Weight training for boys, 15-18 years	Fitness
	14.00	Family Beach Day	Beach
Monday	09.00	Football, 5-10 years	Stadium
	10.30	Football, 11-15 years	Stadium
	12.00	Football, min 16 years	Stadium
Tuesday	10.15*	Cross Fit, min 16 years	Stadium
Wednesday	09.00	Football, 5-10 years	Stadium
	10.30	Football, 11-15 years	Stadium
	12.00	Football, min 16 years	Stadium
	18.30	Presentation of Diplomas	Square

Boxing:

Monday	15.15*	Intro to boxing + circuit training	Boxing Ring
--------	--------	------------------------------------	-------------

Bike Rides:

Sunday	14.15*	40-60 km Road Bike Tour, blue, min 16 years	Bike Centre
Monday	10.00*	Mountain Bike Tour, 12 km green, min 15 yrs	Bike Centre
	14.15*	25 km Road Bike Tour, green, min 16 years	Bike Centre
Tuesday	09.15*	70-90 km Road Bike Tour, red, min 16 years	Bike Centre

Running:

Friday	08.15	Off Road Run, 8 km (5 min/km)	Stadium
Monday	14.30*	Bleep Test & Running school	5-a-side
Tuesday	17.10	Running: Track Session	Stadium
Wednesday	17.10	Off Road Run, 12 km (5 min/km)	Bike Centre
Thursday	17.10	Hill Run, 8 km (5 min/km)	Stadium

Aerobic/Stretch & Relax/Pilates/Fitball/ Yoga/ Taiji:

Friday	10.00	Power Step, all levels (guest instructor)	5-a-side
	11.00	Stretch & Relax, all levels (guest instructor)	5-a-side
	12.00	Yoga, all levels	5-a-side
	17.00	Pilates, beginners (guest instructor)	5-a-side
	18.00	Zumba®, all levels (guest instructor)	5-a-side
Saturday	09.45	Bootcamp, all levels (guest instructor)	5-a-side
	11.00	Deep Workout, all levels (guest instructor)	5-a-side
	12.00	Yoga, beginners	5-a-side
	17.00*	Fitball, all levels (guest instructor)	5-a-side
	18.00	Step, beginners (guest instructor)	5-a-side
Sunday	10.00	Step, intermediate	5-a-side
	11.00*	Fitball, all levels	5-a-side
	16.30	AB-Attack, all levels	5-a-side
	17.00	Stretch & Relax, all levels	5-a-side
	18.00	Hi-Lo Aerobics, beginners	5-a-side
Monday	10.00	Zumba®, all levels	5-a-side
	11.00	Power Aerobics, all levels	5-a-side
	12.00	Stretch & Relax, all levels	5-a-side
	15.45*	Deep Water Aqua	Olympic Pool
	16.00	Pilates, beginners	5-a-side
	16.15*	Deep Water Aqua	Olympic Pool
	17.00	Body toning, all levels	5-a-side
	18.00	Taijirelax, beginners	Stadium
	18.00	Bodycombat™, all levels	5-a-side
Tuesday	08.00*	Pilates Reformer, beginners	The Lawn
	10.00	Dance Aerobics all levels	5-a-side
	11.00	Pilates, intermediate	5-a-side
	12.00	Yoga, beginners	5-a-side
	15.30	AB-Attack, all levels	5-a-side
	16.00	Stretch & Relax, all levels	5-a-side
	17.00*	Fitball, all levels	5-a-side
	18.00	Step, intermediate	5-a-side
Wednesday	10.00	Bodycombat™, all levels	The Lawn
	11.00	Stretch & Relax, all levels	The Lawn
	12.00	Yoga, all levels	5-a-side
	15.15*	Body Conditioning: intro, beginners	The Lawn
	15.30*	Body Conditioning, all levels	The Lawn

	16.30	AB-Attack, all levels	The Lawn
	17.00	Streetdance, all levels	The Lawn
	18.00	Tajjirelax, beginners	Stadium
	18.00	Step, advanced	The Lawn
Thursday	08.00*	Pilates Reformer, beginners	The Lawn
	10.00	Hi-Lo Aerobics, intermediate	5-a-side
	11.00	Body toning, all levels	5-a-side
	12.00	Yoga, beginners	5-a-side
	16.00	Stretch & Relax all levels	5-a-side
	17.00*	Fitball, all levels	5-a-side
	18.00	Zumba®, all levels	5-a-side

AEROBICS: An equipment free exercise to music class designed to burn fat and improve aerobic capacity, our classes are divided into three categories as follows:

- 'Power' Aerobics (High Intensity): Very simple aerobics designed in an interval format to challenge your fitness levels to the maximum. This class is based on repetitions, not choreography and is accessible to all with a basic level of fitness.
- 'Hi-Lo' Aerobics (Medium Intensity): These classes are choreographed but are still designed to give a hard workout, Most of the movements are still big but the choreography is harder than that of the power class and are separated in to beginners and intermediate levels.
- 'Dance' Aerobics (Medium Intensity): This is the highest choreographed aerobics class that we offer. These classes have a specific theme of dance for example Latin, Rock 'n' Roll, Retro or House. They are designed to be a fun workout for all.

DANCE: This differs from dance aerobics as we do not put it together like an aerobics class, instead you will learn a routine which is choreographed to a piece of music or a certain style, for example Hip Hop, House, Jazz, Latin, Broadway and many more styles depending on the instructor's decision. These classes are designed for all levels

ZUMBA®: Fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program. Features interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.

STEP: A high energy class using the Reebok step platform divided into 4 categories. The power and beginners classes use basic moves and combinations to burn fat effectively and get a good cardio workout. The intermediate and advanced classes use choreography to challenge your mind as well as your body.

BODYCOMBAT™: This Les Mills concept draws from the martial arts of Karate, Tae Kwon Do, Tai Chi, Muay Thai, boxing and kick boxing to create a great full body workout. Using motivating music the class will push you to your max.

BODY TONING: This class will strengthen, shape and tone your body by performing exercises using equipment such as bars, resistance bands and steps or simply your own body weight.

BODY CONDITIONING: Body Conditioning is a new class here at Club La Santa using barbells and weights to give you the best conditioning work out around! In order to take part in this class you must do the technique session unless you have participated in Body Pump or similar conditioning programs at home, this is for your own safety! Please remember to arrive at the sessions 15minutes before hand in order to gather all your equipment.

STRETCH & RELAX: This class is designed to improve flexibility and leave you feeling totally relaxed. You will perform a series of stretches followed by a relaxation section at the end.

PILATES: is a body conditioning concept that helps to improve flexibility, strength and endurance in the legs, abdominals, arms, hips and back. The emphasis is on spinal and pelvic alignment, breathing, developing a strong core and improving co-ordination and balance.

PILATES REFORMER: In this class you will perform pilates exercises on the reformer machine which has a horizontal carriage that glides forwards and backwards on rollers. Resistance is provided by springs, to perform a variety of exercises in lying, seated, kneeling or standing. Important note: You can NOT do intermediate level unless you have used the reformer before! (Min age 16)

FITBALL: Total body training with focus on core stability using large fitballs. This class will strengthen the core muscles along with the rest of the body in a functional way to improve posture and alignment

AB-ATTACK: This is a ½ hour work-out on a mat, where we use a wide range of exercises for abdominals, lower back and internal abdominals (core stabilizers).

DEEP WATER AQUA: Although the class is held in the 2 meter deep Olympic pool you do not need to be an advanced swimmer for this class. You will wear an aqua belt which will keep you afloat using specialized equipment and the water as resistance the class offers a non impact cardio and strength workout for all levels.

TAIJI QIGONG: Working with your inner energy to make you both physically and mentally stronger. The movements are performed slowly concentrating on the free flow of energy in the body.

YOGA : Yoga Hatha, uses breathing and your awareness to improve posture, increase flexibility, relieve tension and calm the mind.

Body Bike (in the Fitness Centre):

Minimum age: 15 years.

All of the intermediate and advanced body bike classes use the Virtual Sport cycling system. Virtual Sport cycling animated heart rate profiles (and possible videos) give you a perfect overview of the workout, and provide a unique and enjoyable experience for the participant. The heart rate profiles let you know how much has been done and how much remains. At the same time, the live heart rate data feed on the big screen gives you feedback on whether or not you are working within the recommended heart rate zone for the class. We recommend that participants in all of the body bike classes wear cycling shoes. You can use Look Delta and SPD cleats, alternatively you can reserve cycling shoes for use in the body bike classes from Sports Booking, at a cost of 1,20 €. Please bring a towel to the class.

Friday	17.15*	Body Bike, beginners
	18.15*	Body Bike, intermediate
Sunday	18.15*	Body Bike, advanced
Monday	10.05*	Body Bike, intermediate
Tuesday	17.15*	Body Bike, beginners
	18.15*	Body Bike, intermediate
Wednesday	18.15*	Body Bike, advanced
Thursday	17.15*	Body Bike, beginners
	18.15*	Body Bike, intermediate

WEEKLY PROGRAM

18/05 Friday

Time	Activity	Meeting point
08.15	Off Road Run, 8 km (5 min/km)	Stadium
09.00	Information tour/English	Sports Booking
09.30-13.30***	Excursion: Sea kayaking, intermediate	Reception
09.50-12.50	Play Time	Play Time
10.00	Power Step, all levels (guest instructor)	5-a-side
11.00	Stretch & Relax, all levels (guest instructor)	5-a-side
12.00	Yoga, all levels	5-a-side
13.50-16.50	Play Time: Baking day	Play Time
17.00	Pilates, beginners (guest instructor)	5-a-side
17.00	Information tour/Danish	Sports Booking
17.15*	Body Bike, beginners	Fitness
18.00	Zumba®, all levels (guest instructor)	5-a-side
18.15*	Body Bike, intermediate	Fitness

Entertainment

20.30-22.00	Easy listening live music: Guitar with Craig	Square
-------------	--	--------

19/05 Saturday

Time	Activity	Meeting point
07.00	Start: XXI Ironman Lanzarote Spain	Puerto del Carmen
09.45	Bootcamp, all levels (guest instructor)	5-a-side
09.50-12.50	Play Time	Play Time
11.00	Deep Workout, all levels (guest instructor)	5-a-side
12.00	Yoga, beginners	5-a-side
13.50-16.50	Play Time: Indiana day	Play Time
17.00*	Fitball, all levels (guest instructor)	5-a-side
18.00	Step, beginners (guest instructor)	5-a-side

Entertainment

20.30-22.00	Easy listening live music: Guitar with Emma	Square
22.00-24.00	Karaoke (22.00-23.00 all/23.00-24.00 min18 yrs)	CLS Arena

20/05 Sunday

Time	Activity	Meeting point
09.00-12.00***	Excursion: MTB tour, intermediate, 35 km	Stadium
09.00-13.30***	Excursion: Teguiuse Market	Reception
09.50-12.50	Play Time	Play Time
10.00	Step, intermediate	5-a-side
10.00-10.30^	Warm Water Stretch & Relax	Wellness Centre
10.00-11.30□	Body sculpting for girls, 15-18 years	Fitness
10.30-11.15*	Kids Padel intro, 7-10 years	Padel CT 1
11.00*	Fitball, all levels	5-a-side
11.15-12.00*	Kids Padel intro, 11-14 years	Padel CT 1
11.30-13.00□	Weight training for boys, 15-18 years	Fitness
12.00-13.00*	Kids Padel tournament, 7-14 years	Padel CT 1
13.30-17.00****	Excursion: Snorkel Safari	Dive Centre
13.50	Fun surf for kids, max 12 years/ max 1,50m	Play Time
13.50-16.50	Play Time: Beach & Surf day	Play Time
14.00	Family beach day: bolas, egg throwing, ...	Beach
14.00*	Social Tennis tournament(red+blue) min25yrs	Tennis CT 1
16.15*	Beach Volley tournament, min 14 years	Beach
16.30	AB-Attack, all levels	5-a-side
17.00	Stretch & Relax, all levels	5-a-side
17.00*	Tennis tournament, children	CT 1
17.00*	5 or 10k race (run)	Stadium
18.00	Hi-Lo Aerobics, beginners	5-a-side
18.15*	Body Bike, advanced	Fitness
18.15*	Concept II 2000 m Rowing Challenge	Fitness

Entertainment

18.30	Award dinner	Tent/ The Lawn
20.00	Award ceremony	Tent/ The Lawn
21.30	Special achievement medal awards	Tent/The Lawn
22.00	Video: Ironman 2012	Tent/the Lawn & Square
21.00 & 23.00	Live music	Square
24.00	Fireworks	Club La Santa
00.10	Live music	Square

21/05 Monday

Time	Activity	Meeting point
07.45*	Duathlon	Bike Centre
08.00-15.00***	Golf tour to Costa Teguiuse, beginners	Sports Booking
08.00-15.00***	Golf tour to Costa Teguiuse, advanced (18 holes, max. HCP 36)	Sports Booking
08.30-12.00****	Excursion: Snorkel Safari	Dive Centre
09.00	Football, 5-10 years	Stadium
09.15-13.45***	Excursion: El Golfo - Firemountains	Reception
09.30-13.30***	Excursion: Sea kayaking, beginners	Reception
09.50-12.50	Play Time	Play Time
10.00	Zumba®, all levels	5-a-side
10.00*	Squash tournament, children/junior	Squash CT 1
10.00*	Mountain Bike Tour 12km, green, min 15 yrs	Bike Centre
10.00-10.30^	Warm Water Stretch & Relax	Wellness Centre
10.05*	Body Bike, intermediate	Fitness
10.30	Football, 11-15 years	Stadium
11.00	Power Aerobics, all levels	5-a-side
11.00*	Squash tournament, blue, min 16 years	Squash CT 1
12.00	Stretch & Relax, all levels	5-a-side
12.00	Football, min 16 years	Stadium
12.00*	Tennis tournament, red, min 16 years	Tennis CT 1
13.00-16.30***	Excursion: Horse back riding, max. 85 kg	Reception
13.50-16.50	Play Time: Olympic day	Play Time
14.00*	Aquathlon (200m swim, 3km run)	OL Pool
14.00*	Tennis tournament, blue, min 16 years	Tennis CT 1
14.00*	Squash tournament, red/green, min 16 years	Squash CT 1
14.15*	25 km Road Bike Tour, green, min 16 years	Bike Centre
14.30*	Bleep test & Running school	5-a-side
14.30-15.30^	Kinesis Circuit training, min 18 yr.	Welln. Training Room
15.15-16.45	Intro to boxing + circuit training	Boxing ring
15.45*	Deep Water Aqua	Olympic Pool
16.00	Pilates, beginners	5-a-side
16.00*	Tennis tournament, green, min 16 years	Tennis CT 1
16.15*	Deep Water Aqua	Olympic Pool
17.00	Body toning, all levels	5-a-side
17.00-18.00^	Backschool	Wellness class room
18.00	Taijirelax, beginners	Stadium
18.00	Bodycombat™, all levels	5-a-side

Entertainment

21.00	Show: Green Team Variety	Square
-------	--------------------------	--------

22/05 Tuesday

Time	Activity	Meeting point
07.45*	1/2 Marathon	Stadium
08.00-09.30*	Pilates Reformer, beginners	The Lawn
08.30-12.00****	Excursion: Snorkel Safari	Dive Centre
08.45-17.30***	Excursion: La Graciosa - MTB tour, beg/interm.	Reception
09.00-13.00***	Excursion: Trekking to Pico Partido Volcano	Sports Booking

09.15*	70-90 km Road Bike Tour, red, min 16 yrs	Bike Centre	15.30*	Body Conditioning, all levels	The Lawn
09.50-12.50	Play Time	Play Time	16.00	Windsurf race, freestyle	Windsurf Station
10.00	Dance Aerobics, all levels	5-a-side	16.30	AB-Attack, all levels	The Lawn
10.00*	Badminton tournament, children	Badminton Hall	17.00	Streetdance, all levels	The Lawn
10.00-10.30^	Warm Water Stretch & Relax	Wellness Centre	17.10	Off-road run, 12 km (5 min/km)	Bike Centre
10.15*	Cross Fit, min 16 years	Stadium	17.30-19.00^	Introduction to massage, min 15 y.	Wellness class room
11.00	Pilates, intermediate	5-a-side		Practising on legs - please wear shorts	
11.00-12.00*	Flip'n'Fun High board diving (intro, 5-10 years)	OL Pool	18.00	Taijirelax, beginners	Stadium
11.00-12.00*	Introduction to Padel, min 15 years	Padel CT I	18.00	Step, advanced	The Lawn
12.00	Yoga, beginners	5-a-side	18.15*	Body Bike, advanced	Fitness
12.00*	Badminton tournament, blue, min 16 yrs	Badminton Hall	18.30	Presentation of Diplomas	Square
12.00-13.00*	Flip'n'Fun High board diving (intro, 11-14 years)	OL Pool			
13.50-16.50	Play Time: The princess and the dragon	Play Time	Entertainment		
14.00*	Badminton tournament, red./green, min 16 yrs	Badm. Hall	20.00	Show: Club La Santa Stars	Square
14.00-17.00*	Social Padel tournament, all, min 25 years	Padel CT I	22.00-24.00	Karaoke (22.00-23.00 all/23.00-24.00 min18 yrs)	CLS Arena
15.00*	Social Tennis tournament (red+blue) min 25 yrs	Tennis CT I			
15.30	AB-Attack, all levels	5-a-side	24/05 Thursday		
16.00	Stretch & Relax, all levels	5-a-side	Time	Activity	Meeting point
17.00*	Fitball, all levels	5-a-side	08.00-09.30*	Pilates Reformer, beginners	The Lawn
17.10	Running Track Session	Stadium	09.30-13.30****	Excursion: Sea kayaking, intermediate	Reception
17.15*	Body Bike, beginners	Fitness	09.50-12.50	Play Time	Play Time
18.00	Step, intermediate	5-a-side	10.00	Hi-Lo Aerobics, intermediate	5-a-side
18.15*	Body Bike, intermediate	Fitness	11.00	Body toning, all levels	5-a-side

Entertainment

20.30 Show: Kirinyaga African Acrobatics Square

23/05 Wednesday

Time	Activity	Meeting point
07.45*	Mini Triathlon	Bike Centre
08.00-15.00****	Lanzarote Golf Tias, 18 holes, advanced	Sports Booking
08.30-12.00****	Excursion: Snorkel Safari	Dive Centre
08.45-14.00****	Excursion: Catlanza Catamaran	Reception
09.00	Football, 5-10 years	Stadium
09.30-13.30****	Excursion: Sea kayaking, beginners	Reception
09.45-14.00****	Excursion: Submarine	Reception
09.50-12.50	Play Time	Play Time
10.00	Bodycombat™, all levels	The Lawn
10.00-12.00	Beachvolley instr.+social tourn. (min.15 yrs)	Beachvolley Ct.
10.30	Football, 11-15 years	Stadium
11.00	Stretch & Relax, all levels	The Lawn
11.00*	Rehearsal for the show: Club la Santa Stars	
	only pre-booked & prepared numbers	Square
12.00	Yoga, all levels	5-a-side
12.00	Football, min 16 years	Stadium
14.00	Rehearsal for the show tonight (3-12 years)	Square
14.00	Windsurf race, green	Windsurf Station
14.30-15.30^	Kinesis Circuit training, min 18 yr.	Welln. Training Room
15.00	Windsurf race, red	Windsurf Station
15.15*	Body Conditioning: intro, beginners	The Lawn

WELLNESS CENTRE

Opening hours: Every day 09.00-13.00 & 14.00-20.00

WE OFFER:

SPA: Hydrotherapy bath/ Jacuzzi/ Cold Dip and Shower/ Steam bath/ Saunas

Manual treatments (additional/ seperate payment required):

- Physiotherapy/ Sports therapy
- Massage (Sports-, Relax-, Lymphatic Drainage-, Shiatsu Massage and Foot Reflexology)
- Facials

CLASSES:

In the WELLNESS CLASS ROOM next to the Olympic Pool:

Monday	17.00-18.00 [^]	Backschool
Wednesday	17.30-19.00 [^]	Introduction to Massage
Practising on legs - please wear shorts		

In the WELLNESS TRAINING ROOM next to the CLS Arena:

Monday	14.30-15.30 [^]	Kinesis Circuit Training, min 18 yrs.
Wednesday	14.30-15.30 [^]	Kinesis Circuit Training, min 18 yrs.

In the WELLNESS CENTRE:

Sunday, Monday, Tuesday	10.00-10.30 [^]	Warm Water Stretch & Relax
-------------------------	--------------------------	----------------------------

Special offers as the "Family day", massages, etc. please see information leaflet of the Wellness Centre or contact the Wellness Centre reception.

EVENINGS ENTERTAINMENT

OPENING HOURS	(Disco: min. 18 years)	
CLS Arena/ Disco	Friday, Saturday, Tuesday, Thursday	closed
	Sunday 20/05	24.00
	Monday, Wednesday	22.00

ENTERTAINMENT

Friday 18/05:	20.30	Easy listening live music: Guitar w. Craig	Square
Saturday 19/05:	20.30	Easy listening live music: Guitar w. Emma	Square
	22.00	Karaoke (22.00-23.00 all / 23.00-24.00 min 18 yrs)	CLS Arena
Sunday 20/05:	18.30	Award dinner	Tent/ The Lawn
	20.00	Award ceremony	Tent/ The Lawn
	21.30	Special achievement medal awards	Tent/The Lawn
	22.00	Video: Ironman 2012	Tent/the Lawn & Square
	21.00 & 23.00	Live music	Square
	24.00	Fireworks	Club La Santa
	00.10	Live music	Square
Monday 21/05:	21.00	Show: Green Team Variety	Square
Tuesday 22/05:	20.30	Show: Kirinyaga African Acrobatics	Square
Wednesday 23/05:	20.00	Show: Club La Santa Stars	Square
	22.00	Karaoke (22.00-23.00 all / 23.00-24.00 min 18 yrs)	CLS Arena
Thursday 24/05:	20.30	Easy listening live music: Guitar w. Mark & Emma	Square

SHOW: Club La Santa Stars (Children and Guest Show)

If you have your own number, already prepared and rehearsed, sign up in Sports Booking for a Wednesday morning rehearsal slot. All ages welcome, individuals, duos and large groups. It can be anything you like — singing, dancing, gymnastics, juggling, guitar, belly dancing, miming, playback, acting. Children aged 3-12 who do not have their own number prepared, but would like to join ours, meet at the square at 14.00 on Wednesday. We have various exciting pre-prepared numbers to suit all ages to teach you.

EVENTS - EVENTS, RACES, WEEKS & SEMINARS:

During the year Club La Santa has more than 40 different event races and weeks. The international races are single day events e.g. Ironman, Duathlon, Run and Bike races, etc. The event weeks are lead by previous or present stars, but are held for people of all levels. The weeks offered include many different sports e.g. aerobics, badminton, walking, tennis. Please note that some of the weeks are in Danish only. You can obtain more information about the event races and weeks in Sports Booking or the Events office.

NEXT CLUB LA SANTA EVENTS:

11.05.-25.05.2012 WALKING FOR LIFE - NORDIC WALKING
with Betina Wegner

Price: 1 week = 110 €

Welcome meeting: Friday 18/05 at 17.00 in the Cinema

Please get more information and your programme in Sports Booking.

19.05.2012 XXI IRONMAN LANZAROTE SPAIN

PROGRAMME

Monday 14/5	10.00-19.00	Information centre open	Conference centre
Tuesday 15/5	10.00-19.00	Information centre open	Conference centre
Wednesday 16/5	10.00-18.00	Information centre open	Conference centre
	10.00-18.00	Race kit collection	Conference centre
	10.00-20.00	Ironman Expo	Club La Santa
Thursday 17/5	10.00-18.00	Information centre open	Conference centre
	10.00-18.00	Race kit collection	Conference centre
	10.00-20.00	Ironman Expo	Club La Santa
	15.00-18.00	Briefing	Square
	18.00-21.30	Pasta Party	Restaurant Atlántico
	18.30	Parade of Nations	Stadium
	21.00	Video: Ironman 2011	Square
Friday 18/5	10.00-12.00	Information centre open	Conference centre
	10.00-12.00	Race kit collection	Conference centre
	10.00-14.00	Ironman Expo	Club La Santa
	15.00-18.00	Bike & bag check-in	Puerto del Carmen
	16.30	Ironkids	Puerto del Carmen
Saturday 19/5	07.00	Start: Ironman Lanzarote Spain	Pto. Carmen
Sunday 20/5	09.30-14.00	Information centre open	Conference centre
	11.00	Hawaii registration	Square
	18.30	Award dinner	Tent/ The Lawn
	20.00	Award ceremony	Tent/ The Lawn
	21.30	Special achievement medal awards	Tent/The Lawn
	22.00	Video: Ironman 2012	Tent/the Lawn & Square
	21.00 & 23.00	Live music	Square
	24.00	Fireworks	Club La Santa
	00.10	Live music	Square

OTHER EVENTS:

25.05-31.05.2012 BODY POWER WEEK (DK event)