

ENGLISH 03/09/2010 - 09/09/2010

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 remember to check page 8 for ongoing and upcoming event races, event weeks and seminars at Club La Santa. We hope you enjoy your holiday!

Kind regards,

Club La Santa Sports Department (Green Team, Wellness Centre & Events)

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.

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 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 PLUS instructions are per hour. Read more under Club La Santa Instructions Programme
- 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 PLUS 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	Monday	10.00-17.00
	Tuesday-Sunday	10.00-18.00
Bike Centre	Monday	09.00-18.00
	Tuesday-Sunday	09.00-19.00
Fitness Centre	Every day	09.00-13.00
	Monday	14.00-19.00
	Tuesday-Sunday	14.00-20.00

PLUS Training Centre: Please see information of opening hours on the door of the Training Centre.

Facilities:

- Bike Shed
- Tennis Courts (9)
- Stadium/Athletics
- The Lawn (aerobics)
- Weight-lifting
- Golf, shortgame training facilities
- Olympic size pool
- Children's Pool
- Fully equipped Fitness Centre
- Boxing Ring
- 5-a-side (aerobics/football)
- Football Pitch
- Squash Courts (4)
- Windsurf Station (Lagoon)
- Beach Volley Courts (2)
- Leisure Pool
- Minigolf
- Body Bike room

- Indoor Rowers (5)
- Sportshall: 6 Badminton courts - 2 Volleyball courts - Handball court - Basketball courts (indoor/outside)
- Padel Courts (3)

Equipment:

- Tennis rackets (adults/ children)
- Squash rackets (adults/ children)
- 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
- Electric bikes
- Helmets/locks
- Kayak, sea kayak
- Badminton rackets
- Golf clubs
- Windsurf
- Flippers
- Table tennis (bats + net)
- Boxing gloves
- Footballs
- Basket balls
- Children's beach equipment
- Measuring tape
- MTB
- MTB w/child seat
- Baby joggers
- Walking sticks

Rentals:

- Racing bikes (SIX 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
- Logo items + t-shirts
- 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
 - Information Tours
 - Excursions
 - 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 more than 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.

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

*PLUS-swimming for everybody 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 ● Meeting point: Golf area (min. 15 years). Booking: Max 2 days in advance.

Adults, green	Saturday	16.00 & 16.40
	Tuesday	09.40, 10.20 & 16.00
Adults, blue/red	Saturday	17.20
	Tuesday	11.00, 16.40 & 17.20
Bunkershot	Saturday	10.00
Chipping	Saturday	10.40
Putting	Saturday	11.20

*PLUS-golf for everybody Contact Sports Booking

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

Green	Every day	10.00 & 11.30
“Refresh”	Monday, Saturday	14.00
Blue	Friday, Tuesday, Thursday	14.00
	Friday, Saturday, Monday, Tuesday, Thursday	15.00
“How to rig a sail”	Tuesday	16.00
Red	Friday, Saturday, Monday, Thursday	16.00
Self-surf	Every day	10.00, 11.00 & 12.00

Monday-Tuesday, Thursday-Sunday 14.00, 15.00 & 16.00

*PLUS-windsurfing for everybody Contact Sports Booking

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

all Saturday & Monday 08.45-09.45

*Self Kayaking Every day (summer 18.00) 10.00-17.00

*PLUS-Kayaking for everybody Contact Sports Booking

SEA KAYAKING ● Meeting point: Surf Station (Min. age 14 - some experience necessary). Booking: Max. 2 days in advance.

all Monday 13.00-14.00

*PLUS-Sea Kayaking for everybody Contact Sports Booking

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

Children, 7-14 years Monday 11.15-12.00

Adults, green Monday 09.15-10.15

Adults, blue Monday 10.15-11.15

*PLUS-badminton for everybody 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

*PLUS-tennis for everybody 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

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

If your sport is not listed above, please do not hesitate to request the instruction anyway. In order to request PLUS instruction, you need to go to

Sports Booking, where you fill out a request form. You need to inform Sports Booking about which sport or sports you need instruction for, what level you are and when and how much coaching you would like to have. 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 PLUS 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

For all activities marked with an *you sign up in Sports Booking, activities marked with ☐you sign up in the Fitness Centre ^sign up in the Wellness Centre **sign up and pay in Sports Booking, ***in the Guide Department and ****in the Diving Centre.

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:

Saturday	09.00*	Tennis tournament, children	CT I
	11.00*	Social Tennis tournament, red+blue, min. age 25	CT I
	14.00*	Social Padel tournament, all, min 25 years	Padel CT I
	15.00*	Social Badminton tournament, min. age 25	Badm Hall
Sunday	16.15*	Beach Volley tournament, min 14 years	Beach
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:

Saturday	17.15*	5 or 10 km race (running)	Stadium
Sunday	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
	11.15☐	Club La Santa's Fitness Challenge	Fitness Centre
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
Wednesday	09.00	Football, 5-10 years	Stadium
	10.30	Football, 11-16 years	Stadium
	12.00	Football, min 16 years	Stadium
	18.30	Presentation of Diplomas	Square

Boxing:

Monday	15.15*	Boxing, green (min. 16 years)	Boxing Ring
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Bike Rides:

Sunday	09.15*	70-90 km Road Bike Tour, red, 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*	40-60 km Road Bike Tour, blue, 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	Stadium
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	NRG Aerobics, all levels	5-a-side
	11.00	Stretch & Relax, all levels	5-a-side
	17.00	Pilates, beginners	5-a-side
	18.00	Step, beginners	5-a-side
Saturday	10.00	Dance Aerobics Latin, all levels	5-a-side

	11.00	Body toning, all levels	5-a-side
	12.00	Yoga - bring towel	5-a-side
	15.45*	Deep Water Aqua	Olympic Pool
	16.15*	Deep Water Aqua	Olympic Pool
	17.00*	Fitball, all levels	5-a-side
	18.00	Hi-Lo Aerobics, beginners	5-a-side
Sunday	10.00	Step, intermediate	5-a-side
	11.00*	Fitball, all levels	5-a-side
	17.00	Dance Aerobics, intermediate	5-a-side
	18.00	Bodycombat™, all levels	5-a-side
Monday	10.00	NRG Step, all levels	The Lawn
	11.00	Stretch & Relax, all levels	The Lawn
	15.00	AB-Attack, all levels	The Lawn
	15.45*	Deep Water Aqua	Olympic Pool
	16.15*	Deep Water Aqua	Olympic Pool
	17.00	Taiji Qigong, beginners	Stadium
	17.00	Body toning, all levels	5-a-side
	17.45	Taiji Qigong, intermediate	Stadium
	18.00	Bodycombat™, all levels	5-a-side
Tuesday	10.00	Dance Aerobics Latin, all levels	5-a-side
	11.00	Pilates, intermediate	5-a-side
	12.00	Yoga - bring towel	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
	15.15*	Body Conditioning: intro, beginners	5-a-side
	15.30*	Body Conditioning, all levels	5-a-side
	16.30	AB-Attack, all levels	5-a-side
	17.00	Taiji Qigong, beginners	Stadium
	17.00	Dance, all levels	5-a-side
	17.45	Taiji Qigong, intermediate	Stadium
	18.00	Step, advanced	5-a-side
Thursday	10.00	Hi-Lo Aerobics, intermediate	5-a-side
	11.00	Body toning, all levels	5-a-side
	12.00	Yoga - bring towel	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:

- **'NRG' 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 and not choreography and is therefore 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 movements but the choreography is harder than that of NRG aerobics. Classes are separated in to beginners and intermediate levels.

- **'DANCE' AEROBICS** (Medium Intensity) – This is the highest choreographed aerobics class that we offer before our straightforward 'Dance Class'. These classes are available to beginners through to advanced level (please check stated level on the program). These classes have a specific theme of dance for example Latin aerobics, Rock and Roll Aerobics, Retro Aerobics or House Aerobics. They are designed to be a fun workout for all.

● **DANCE:** Our dance classes on the program are designed for all levels, this differs from the 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.

● **BALLROOM AEROBICS:** Ballroom dancing has recently become popular due to TV shows such as "Strictly Come Dancing". This class combines basic ballroom dance steps in an aerobic format and keep fit at the same time. You don't need a partner to participate.

● **STEP:** This is a high energy class using the Reebok Step Platform. Basic moves and combinations are used to burn fat effectively and get a good cardio workout. Classes are divided into beginners, intermediate and advanced.

● **BODYCOMBAT™:** Les Mills Bodycombat™ is a NEW concept here at Club La Santa. This class draws the martial arts of Karate, Tae Kwon Do, Tai Chi and boxing together in an exercise to music class. Using motivating music the class will push you to your max.

● **BODY TONING:** Strengthening of various muscles of the body which are used for the movement of the skeletal system. This helps to improve the shape of the body and tone the muscles.

● **CIRCUIT:** Using a mixture between equipment and body weight you will make your way around several station with a group of other people spending a minute or more at each station. This is a good all round workout for all levels (Min age 16).

● **STRETCH & RELAX:** Flexibility training and relaxation. Movements are performed slowly and deep breathing techniques are used to improve the level of relaxation.

● **PILATES:** Core stability training, strengthens the abdominal muscles in a functional way, improving posture and alignment, circulation and strengthens weaker muscles.

● **FITBALL:** Core stability training on large Fitballs, strengthens the abdominal muscles in a functional way, improving 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 Body Bike room in the Fitness Centre, –sign up in Sports Booking.

Min 15 years.

ACTIVIO BODY BIKE: Heart Rate Training at its best. This revolution in indoor cycling allows you and the instructor to track how hard you are working and adjust your workout accordingly. This class will challenge you physically as well as educating you in how to control your heart rate more effectively. Please bring a token with you to the class in order to obtain the heart rate monitor.

Friday	17.15*	Body Bike, beginners
	18.15*	Body Bike, intermediate
Saturday	17.00*	Activio Body Bike, intermediate
Sunday	18.00*	Body Bike Special (90 min), advanced
Monday	10.15*	Body Bike, beginners
	11.15*	Body Bike, intermediate
Tuesday	17.15*	Body Bike, beginners
	18.15*	Body Bike, intermediate
Wednesday	08.00*	Activio Body Bike, intermediate
	18.15*	Body Bike, advanced
Thursday	17.15*	Body Bike, beginners
	18.15*	Body Bike, intermediate

If you have booked onto a class (e.g. fitball, Body Bike or deep water aqua)

you must arrive more than 5 minutes before to ensure your place and prepare your equipment. Otherwise your place might be taken by a guest on the waiting list.

WEEKLY PROGRAM

03/09 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
10.00	NRG Aerobics, all levels	5-a-side
11.00	Stretch & Relax, all levels	5-a-side
16.00	Information tour/Danish	Sports Booking
17.00	Pilates, beginners	5-a-side
17.15*	Body Bike, beginners	Fitness
18.00	Step, beginners	5-a-side
18.15*	Body Bike, intermediate	Fitness
Entertainment		
21.30-23.00	Easy listening live music - guitar, Craig	CLS Arena/Disco

04/09 Saturday

Time	Activity	Meeting point
09.00*	Tennis tournament, children	CT 1
09.30-13.30***	Excursion: Sea kayaking, beginners	Reception
09.55-16.30***	Excursion: Surf School	Reception
10.00	Dance Aerobics Latin, all levels	5-a-side
10.00-14.30***	Excursion: Submarine	Reception
10.00-14.30***	Excursion: shopping trip to Biosfera, P.d.C.	Reception
10.00-17.30***	Excursion: Cruiser "Sweet Karoline"	Reception
11.00	Body toning, all levels	5-a-side
11.00*	Social Tennis tournament(red+blue) min25yrs	Tennis CT 1
11.00-12.00*	Introduction to Padel, min 14 years	Padel CT 1
12.00	Yoga - bring towel	5-a-side
14.00-15.00*	Social Padel tournament, all, min 25 years	Padel CT 1
15.00*	Social Badminton tournament (min 25 yrs)	Badm. Hall
15.45*	Deep Water Aqua	Olympic Pool
16.15*	Deep Water Aqua	Olympic Pool
17.00*	Fitball, all levels	5-a-side
17.00*	Activio Body Bike, intermediate	Fitness
17.15*	5 or 10 km race (running)	Stadium
18.00	Hi-Lo Aerobics, beginners	5-a-side
Entertainment		
19.00	Barbecue (pay in the Poolbar)	Poolbar
20.30	Movie: Avatar	Cinema
21.00-22.30	Easy listening live music - guitar, Emma	CLS Arena/Disco
22.30-00.30	Karaoke (22.30-0.00 all/0.00-0.30 min18 yrs)	CLS Arena/Disco

05/09 Sunday

Time	Activity	Meeting point
09.00-12.00***	Excursion: MTB tour for beginners/intermediate	Stadium
09.00-13.30***	Excursion: Teguisse Market	Reception

09.15*	70-90 km Road Bike Tour, red, min 16 years	Bike Centre
09.30-13.30***	Excursion: Sea kayaking, intermediate	Reception
09.55-16.30***	Excursion: Surf School	Reception
10.00	Step, intermediate	5-a-side
10.00-11.30☐	Body sculpting for girls, 15-18 years	Fitness
11.00*	Fitball, all levels	5-a-side
11.30-13.00☐	Weight training for boys, 15-18 years	Fitness
13.30-17.00****	Excursion: Snorkel Safari	Dive Centre
13.50	Fun surf for kids, max 12 years/ max 1,50m	Play Time
14.00	Family Beach Day: Bolas, Egg throwing...	Beach
14.30-15.30^	Easyline Circuit Training, min 16 yr. Welln.	Training Room
16.15*	Beach Volley tournament, min 14 years	Beach
17.00	Dance Aerobics, intermediate	5-a-side
18.00	Bodycombat™, all levels	5-a-side
18.00-19.30*	Body Bike Special, advanced	Fitness
18.15☐	Concept II 2000 m Rowing Challenge	Fitness
Entertainment		
19.00	Paella (pay in the Poolbar)	Poolbar
20.30	Movie: 2012	Cinema
21.00	Show: Amazing Mongolia Acrobatics	Square

06/09 Monday

Time	Activity	Meeting point
07.45*	Duathlon	Bike Centre
08.00-16.00***	Golf tour to Costa Teguisse, beginners	Sports Booking
08.00-16.00***	Golf tour to Costa Teguisse, advanced (18 holes, max. HCP 36)	Sports Booking
08.30-12.00****	Excursion: Snorkel Safari	Dive Centre
09.00	Information tour/ German	Sports Booking
09.15-13.45***	Excursion: El Golfo - Firemountains	Reception
09.30-13.30***	Excursion: Sea kayaking, beginners	Reception
10.00	NRG Step, all levels	The Lawn
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 (9 €)	Wellness Centre
10.15*	Body Bike, beginners	Fitness
11.00	Stretch & Relax, all levels	The Lawn
11.00*	Squash tournament, blue, min 16 years	Squash CT 1
11.15*	Body Bike, intermediate	Fitness
12.00*	Tennis tournament, red, min 16 years	Tennis CT 1
13.00-16.30***	Excursion: Horse back riding, max. 85 kg	Reception
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	Stadium
14.30-15.30^	Kinesis Circuit training, min 18 yr. Welln.	Training Room
15.00	AB-Attack, all levels	The Lawn
15.15-17.00*	Boxing, beginners (min.16 yrs)	Boxing ring (stadium)
15.45*	Deep Water Aqua	Olympic Pool
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
17.00-17.45	Taiji Qigong, beginners	Stadium
17.00-18.00 [^]	Back school, min 15 yrs	Wellness class room
17.45-18.30	Taiji Qigong, intermediate	Stadium
18.00	Bodycombat™, all levels	5-a-side
Entertainment		
20.30	Movie: In her shoes	Cinema
21.00	Show: Green Team Cabaret	Square
22.30-24.00	Couple dance instruction, beginners	CLS Arena/Disco

07/09 Tuesday

Time	Activity	Meeting point
07.45*	1/2 Marathon	Stadium
08.30-12.00****	Excursion: Snorkel Safari	Dive Centre
08.45-17.30****	Excursion: La Graciosa - MTB tour	Reception
08.45-17.30****	Excursion: La Graciosa - family beach day	Reception
09.15*	40-60 km Road Bike Tour, blue, min 16 yrs	Bike Centre
09.30-13.30****	Excursion: Sea kayaking, intermediate	Reception
09.55-16.30****	Excursion: Surf School	Reception
10.00	Dance Aerobics Latin, all levels	5-a-side
10.00*	Badminton tournament, children	Badminton Hall
10.00-10.30 [^]	Warm Water Stretch & Relax (9 €)	Wellness Centre
11.00	Pilates, intermediate	5-a-side
11.00-12.00*	Introduction to Padel, min 14 years	Padel CT I
11.15-13.00☐	Club La Santa's Fitness Challenge	Fitness
12.00	Yoga - bring towel	5-a-side
12.00*	Badminton tournament, blue, min 16 yrs	Badminton Hall
14.00*	Badminton tournament, red./green, min 16 yrs	Badm. Hall
14.00-17.00*	Social Padel tournament, all, min 25 years	Padel CT I
14.30-15.30 [^]	Easyline Circuit Training, min 16 yr.	Welln. Training Room
15.00*	Social Tennis tournament (red+blue) min 25 yrs	Tennis CT I
15.00*	Children's disco, 3-12 years	CLS Arena/Disco
17.00*	Fitball, all levels	5-a-side
17.10	Running Track Session	Stadium
17.15*	Body Bike, beginners	Fitness
18.00	Step, intermediate	5-a-side
18.15*	Body Bike, intermediate	Fitness
Entertainment		
20.30	Movie: No country for old men	Cinema
21.00	Show	Square
21.30-23.00	Under 18's Party (13-18 years)	CLS Arena/Disco
23.00-24.00	Disco Aerobics with Swingtime	CLS Arena/Disco

08/09 Wednesday

Time	Activity	Meeting point
07.45*	Mini Triathlon	Bike Centre
08.00*	Activo Body Bike, intermediate	Fitness
08.00-16.00****	Lanzarote Golf Tias, 18 holes, advanced	Sports Booking
08.30-12.00****	Excursion: Snorkel Safari	Dive Centre
09.00	Football, 5-10 years	Stadium
09.00-15.15****	Excursion: Catlanza Catamaran	Reception

09.00-15.15****	Excursion: Rancho Texas	Reception
09.30-13.30****	Excursion: Sea kayaking, beginners	Reception
10.00	Bodycombat™, all levels	The Lawn
10.00-12.00	Beachvolley instr.+social tourn. (min.15 yrs)	Beachvolley Ct.
10.30	Football, 11-16 years	Stadium
11.00	Stretch & Relax, all levels	The Lawn
11.00*	Rehearsal for the show: Club la Santa Stars prepared numbers	Square
12.00	Football, min 16 years	Stadium
14.00	Rehearsal for the show: Club la Santa Stars	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	5-a-side
15.30*	Body Conditioning, all levels	5-a-side
16.00	Windsurf race, freestyle	Windsurf Station
16.30	AB-Attack, all levels	5-a-side
17.00	Dance, all levels	5-a-side
17.00-17.45	Taiji Qigong, beginners	Stadium
17.10	Off-road run, 12 km (5 min/km)	Bike Centre
17.30-19.00 [^]	Introduction to massage, min 15 y.	Wellness class room
	Practising on legs - please wear shorts	
17.45-18.30	Taiji Qigong, intermediate	Stadium
18.00	Step, advanced	5-a-side
18.15*	Body Bike, advanced	Fitness
18.30	Presentation of Diplomas	Square
Entertainment		
20.30	Movie: The burning plain	Cinema
20.30	Show: Club La Santa Stars (Children and Guest Show)	Square
22.30-01.00	Karaoke(22.30-0.00 all/0.00-1.00 min18 yrs)	CLS Arena/Disco

09/09 Thursday

Time	Activity	Meeting point
09.30-13.30****	Excursion: Sea kayaking, intermediate	Reception
09.55-16.30****	Excursion: Surf School	Reception
10.00	Hi-Lo Aerobics, intermediate	5-a-side
11.00	Body toning, all levels	5-a-side
12.00	Yoga - bring towel	5-a-side
17.00*	Fitball, all levels	5-a-side
17.10	Hill Run, 8 km (5 min/km)	Stadium
17.15*	Body Bike, beginners	Fitness
18.00	Zumba, all levels	5-a-side
18.15*	Body Bike, intermediate	Fitness
Entertainment		
21.30-23.00	Easy listening live music - piano, Marc	CLS Arena/Disco

Please note that participation in all sports activities is made 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. Last minute changes will be announced in the information box outside Sports Booking.

WELLNESS CENTRE

Opening hours:

Every day 09.00-13.00 & 14.00-21.00

WE OFFER:

● In our Spa:

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

● Manual treatments (additional/ separate payment required):

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

● The Wellness Centre also offers the following classes:

- WELLNESS CLASS ROOM (next to Olympic Pool):

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

- WELLNESS TRAINING ROOM (next to CLS Arena):

Sunday	14.30-15.30 [^]	Easyline Circuit Training, min 16 yrs.
Monday	14.30-15.30 [^]	Kinesis Circuit Training, min 18 yrs.
Tuesday	14.30-15.30 [^]	Easyline Circuit Training, min 16 yrs.
Wednesday	14.30-15.30 [^]	Kinesis Circuit Training, min 18 yrs.

Power Plate: sessions by appointment.

- WELLNESS CENTRE:

Monday, Tuesday 10.00-10.30[^] Warm Water Stretch & Relax (9€)

[^] Please book in the Wellness Centre reception

● Special offers/ massage/ 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, Thursday	21.30
	Saturday	21.00
	Sunday	Closed
	Monday, Wednesday	22.00
	Tuesday	23.00

ENTERTAINMENT

Friday 03/09:	21.30	Easy listening live music - guitar, Craig	CLS Arena
Saturday 04/09:	21.00	Easy listening live music-guitar, Emma	CLS Arena
	22.30	Karaoke (22.30-0.00 all/ 0.00-0.30 min18 yrs)	CLS Arena/Disco
Sunday 05/09:	21.00	Show: Amazing Mongolia Acrobatics	Square
Monday 06/09:	21.00	Show: Green Team Cabaret	Square
	22.30	Couple dance instruction, beginners	CLS Arena/Disco
Tuesday 07/09:	21.00	Show	Square
	21.30	Under 18's Party (13-18 yrs)	CLS Arena/Disco
	23.00	Disco Aerobics with Swingtime	CLS Arena/Disco

Wednesday 08/09: 20.30 Show: Club La Santa Stars Square
22.30 Karaoke (22.30-0.00 all/ 0.00-1.00 min18 yrs) CLS Arena/Disco

Thursday 09/09: 21.30 Easy listening live music- piano, Marc CLS Arena

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, Marathon, 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.

UPCOMING EVENTS:

28.08.-09.09.2010 GOODLIFE with Sally Walker

Free lecture about nutrition and a healthy lifestyle on Saturday 04/09 (in English) and Sunday 05/09 (in Danish) at 16.00. Sign up in Sports Booking! Sally offers during the week several lectures, workshops, individual consultations, etc.

Please go to Sports Booking for booking, more information and the programme.

03.09.-09.09.2010 SWIM CAMP with Phil Price, Clive Alderson & Tanja Slater
Price: 1 week = 120 €

Welcome meeting: Friday 03/09 at 09.00 in the Conference ctre. Timanfaya.
Please get your programme and more information in Sports Booking.

03.09.-11.09.2010 SWINGTIME AEROBICS & DANCE CONVENTION

Prices: 1 class = 20 €/ 1 day = 50 €/ all event = 119 €

Please get your programme in Sports Booking.

NEW ACTIVITY: PADEL

Saturday & Tuesday 11.00-12.00* Introduction to Padel, min 14 years
14.00-17.00* Social Padel tournament, all, min 25 yrs