

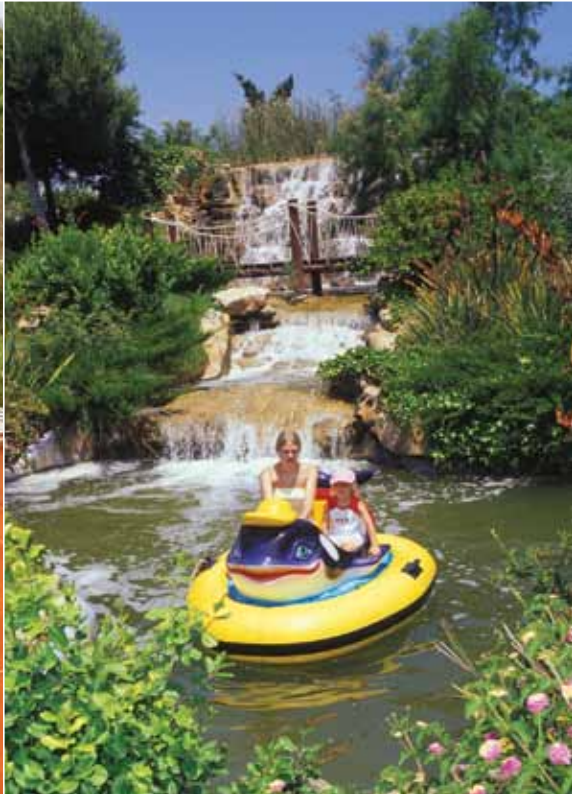
SPORT:AWAY

- MALLORCA, BEACH CLUB
15 - 22 MAY 2010
- CYPRUS, APHRODITE HILLS
15 - 22 SEPTEMBER 2010
- MARBELLA, LAS GOLONDRINAS
& DON CARLOS
23 - 27 SEPTEMBER 2010
- CYPRUS, APHRODITE HILLS
23 - 30 OCTOBER 2010
- MALLORCA, SAFARI PARK
23 - 30 OCTOBER 2010

ESPORTA TENNIS HOLIDAYS:2010



 **Esporta**
health clubs



Location : Mallorca Sa Coma

The beautiful all-inclusive 4* Safari Park Hotel is set in fantastic landscaped gardens, directly opposite a wonderful sandy beach and on the fringes of a 200 hectare protected nature reserve, Punta de n'Amer. Guests can access the reserve and enjoy the lush surroundings that lead to an old castle that nestles in the midst of this stunning scenery.

In conjunction with its sister hotels, the Safari Park forms part of the Club Protur Sa Coma resort which together give our guests an unrivalled number of activities to choose from including paddleball, a 54 hole mini golf course on the Park Paradis, numerous swimming pools, archery, access to a modern hydrotherapy Spa, a Jacuzzi, sauna, gym and children's playground & mini club.

There are restaurants aplenty with the hotels own all-inclusive dining plan (2 restaurants, a snack bar and pool bar) plus a selection of themed restaurants around the resort. Within a few minutes walk, guests can find horse riding and even a safari-style zoo where you can take a mini train excursion to get a close up view of the animals. We think there is so much to do around this resort you'll be spoilt for choice!

Hotel : Safari Park

Spacious modern rooms each offer high quality accommodation with a light and airy feel. Each has a sun terrace or balcony, a full modern en-suite bathroom with bath and shower and satellite TV. Each room is fully air conditioned. There are a number of room selections available to our clients. Choose from standard single, double or twin rooms with the option of interconnecting rooms - ideal for large family groups! The all-inclusive board arrangements include all meals at the Safari Park hotel or at one of the themed restaurants around the resort. Meals are buffet style with a superb selection of international and local dishes. Soft drinks, juice and local wines and beers are available from 10:00am until midnight as are ice creams. There is an afternoon tea served with cakes, coffee and tea and for the really hungry a sandwich service from 10:00pm until midnight too! There is plenty of opportunity to eat and drink all day – but with a huge array of sports on offer as well as our superb tennis programme to help burn the calories why not throw caution to the wind and enjoy!

: Images

Clockwise from top left

1. Safari Park hotel and pool
2. Room at Sa Coma Resort
3. Park Paradis at Sa Coma
4. Overview of tennis courts



: General Information

- Price from £899 per person based on 2 people sharing.
- All-inclusive includes food, drinks including well known labels for soft drinks and beer from 10am to midnight
- 70km Palma airport to resort

: Additional Highlights

- Clay tennis courts
- Numerous swimming pools
- Adjoins 200 hectare protected nature reserve
- Horse riding*
- Safari zoo
- Paddleball
- 54 hole mini golf course
- Hydrotherapy spa*
- Archery range
- Fitness centre / gym
- Sauna & Jacuzzi
- Children's playground
- Children's mini club
- Children's playground
- Children's mini club

PLEASE NOTE: Price includes tennis coaching programme plus junior programme as highlighted, flights, transfers & all inclusive board as described above. Child reductions available.



free kids club!



Location : Mallorca

Mallorca has something for everyone; whether you are a sun seeker, explorer or someone looking for a relaxing holiday with great scenery, there are so many reasons to visit this beautiful island.

The Beach Club Font de sa Cala is only 5 minutes drive away from the traditional Mallorcan town of Cala Ratjada on the East of the island. Cala Ratjada itself has numerous shops, a very good choice of restaurants and bars as well as a beautiful beach and marina. The Beach Club itself is situated directly opposite a small but stunning beach set in a sheltered cove with its own beach bar. There are several local shops and restaurants all within a 5 minute stroll.

Hotel : Beach Club

The family-run Beach Club extends the warmest welcome to all its guests. Boasting 11 championship standard clay courts, two swimming pools (one heated), a gym, and aerobics studio, a 5-a-side football pitch and volleyball courts, its own bars and two restaurants the Beach Club is perfect for sports enthusiasts and those just wishing to unwind and take it easy. Rooms are spacious and contemporary with sea or pool views. Dining is relaxed and informal for all meals and a wide selection of both local specialities and international dishes are available, all of the highest quality.

The hotel has its own animation team organising activity programmes for adults including aqua aerobics, water-polo, archery and petanque; whilst for the children the mini-club offers the chance of taking part in a wealth of activities, far too numerous to mention – all designed to keep little ones entertained, leaving you free to enjoy your time on or off the courts. The hotel offers a unique 'cash-less clubcard'. This is free to set up and use and entitles you to discounts at the 3 bars and pizzeria restaurant with the added benefit that you don't need to carry your cash with you around the hotel.

Images

Clockwise from top left

1. Overview of hotel and tennis courts
2. Room at the Beach Club
3. Californian Pool at night
4. Mallorcan Beach



: General Information

- Price from £839 per person based on 2 people sharing
- Half board or Full board options
- 70km Palma airport to resort

: Additional Highlights

- 11 Clay tennis courts
- 2 Swimming pools
- Free kids club from 4+
- Various watersports on offer *
- Internet *
- Baby sitting service *
- Massage rooms *
- 2 Discos
- Mountain biking *
- Horse riding *
- Archery range
- Fitness centre / gym *
- Aerobics Studio
- 2 volleyball courts
- Rifle shooting
- Mini golf & Petanque
- Basketball
- 5 a side football
- Three 18 hole golf courses nearby

(Capdepera, S'era de Pula & Canyamel, discounted green fees are available for guests at the Beach Club)

PLEASE NOTE: Price includes tennis coaching programme as highlighted 20hrs, flights, transfers & full board with wine & soft drinks with lunch & dinner



Location : Marbella

The glamour, the elegance, the unrivalled climate – a perfect description of Marbella. We have 2 resorts to select from, each with a different budget in mind. They are positioned next door to each other and both are situated directly on a magnificent beach. The resorts, a mere 30 minutes drive from Malaga Airport are also just 7 kilometres away from the quaint old town of Marbella. Cobble streets, shaded squares and colourful gardens blend seamlessly into the vibrant, cosmopolitan surroundings of the famous port town of Puerto Banus. Banus Marina offers a wide range of select restaurants catering for just about any taste, bars and luxurious boutiques of international names that will satisfy the most demanding of shopping lovers, all fronting one of the most beautiful natural harbours in the world and only 5Km from Puerto Banus.

Hotel : Don Carlos 5* Luxury Resort

The tropical vegetation and the relaxing sound of the waterfalls in the swimming pool offer a spectacular setting, overlooking the sea. The Don Carlos Beach Club is one of the best on the whole Mediterranean. Located between a long sandy beach and lush sub-tropical gardens, it has a spectacular 1000sq metre fresh water freeform pool. With 4 restaurants and 2 bars serving local and international cuisine of the highest standard, all tastes are catered for. From a relaxing round of golf, to fun on the 9 championship standard tennis courts; from Spa treatments, to water sports, whatever your desire the Don Carlos Resort has the solution.

Apartments : Las Golondrinas Self Catering

Charming resort with a traditional Andalusian village feel. A short stroll through the semi-tropical gardens leads you to the beautiful beach. Spacious one, two and three double bed roomed apartments offer quality accommodation with a lounge, sun terrace and well-equipped kitchen and bathroom. There is a main pool with its own snack bar serving food throughout the day and a selection of restaurants, bars and shops plus a well stocked supermarket nearby. Las Golondrinas is next door to the Don Carlos Resort and shares courts and sports facilities with this 5* establishment.

PLEASE NOTE:

Price includes tennis coaching programme as highlighted, flights, transfers & choice of Self Catering (Las Golondrinas) or B&B (Don Carlos)



: General Information

- Price from £499 per person based on 6 sharing a 3 bed apartment (4 nights) at Las Golondrinas Apartments and £699 per person based on 2 people sharing (4 nights) at Don Carlos Hotel
- 3 or 4 night options available

: Additional Highlights

- 2 styles of accommodation to select from: 5* luxury hotel or well-appointed self catering apartments
- 9 tennis courts – 7 clay, 2 American hard courts
- Golf courses nearby with discounted green fees for guests
- Spa facilities at Don Carlos
- Nikki Beach Club
- Football pitches
- Beach Volleyball
- 4 restaurants at Don Carlos
- Water sports on Nikki Beach

: Images Clockwise from top left

1. Don Carlos overview of courts & beach
2. Room at the Don Carlos Hotel
3. Las Golondrinas Apartments & pool
4. Nikki Beach at Don Carlos



Location : Cyprus

Situated midway between the towns of Paphos and Limassol, and only 15 minutes drive from the airport Aphrodite Hills Resort stretches across two plateaus separated by a natural ravine and overlooking the glittering Mediterranean. The award winning Aphrodite Hills Resort offers its guests the freedom to choose between its sumptuous 5* hotel or beautifully appointed home-from home apartments / villas. There are 10 beautifully maintained tennis courts, an 18-hole championship golf course, a riding school and 2 magnificent beach clubs. At the heart of the Resort is the bustling Village Square with its bars, restaurants and shops including a bakery and mini-mart. Three kids clubs, a children's playground, mini-golf and the fun Teens Club ensure that there truly is something for everyone.

Villas & Apartments

Beautifully furnished to the highest standards, the villas & apartments are set in spectacular locations and only a 5 minute stroll from the resort centre. Flexible accommodation with a choice of 1, 2 or 3 bedrooms, spacious lounge area and high tech kitchens and bathrooms make these a perfect choice for families.

Villas and apartments can be booked on a self catering basis to provide the ultimate in flexibility. Half board or breakfast only options are also available where guests can choose to dine in several different restaurants within the Village Square.

Hotel : 5* Intercontinental Hotel

290 luxurious guest rooms and suites, unprecedented views and extensive facilities make Hotel InterContinental Aphrodite Hills a truly amazing 5* experience. The Hotel offers a tempting choice of three chic and relaxing bars, four relaxed and informal restaurants, and the added luxury and convenience of 24-hour in-room dining. Accommodation at the Hotel is priced on Half Board basis, however a choice of Breakfast Only or Full Board options are available.

: Images

Clockwise from top left

1. Main Pool at InterContinental Hotel
2. Superior Villa
3. Superior Villa typical interior
4. The Thermae Spa at Aphrodite Hills
5. Golf Course at Aphrodite
6. Typical room at InterContinental Hotel

: General Information

- Price from £1174 per person based on 2 sharing

: Additional Highlights

- Choice of 5* Hotel or luxuriously appointed Apartments / Villas
- 10 ITF courts 4 clay courts, 6 American hard courts
- Multi-sport court
- Championship 18 hole golf course
- Impressive Fitness Facilities
- Sophisticated Retreat Spa with its Greco-Roman Thermae Baths
- Zias Beach Club, the relaxing Beach Cove
- Aphrodite's Riding Club, with horse riding available
- Village Square with numerous bars, restaurants and shops
- 3 Kids Clubs & animation team
- Teens Club
- Mini Golf



PLEASE NOTE: Price includes tennis coaching programme as highlighted 20hrs, flights, transfers & half board. Child reductions available.

Our Programmes

Coached by professionals with a minimum of a CCA qualification our tennis programme is designed to suit all players of all ages and abilities. Whether you are new to tennis and learning the basics, a club player looking for ideas to improve their game or a performance player looking for quality court time with our pro players we can accommodate your needs. With over 20 hours of court time* included in your holiday you can be certain that you will get the most out of your tennis week.

*20 hours included in the 7 night programme

The Weekend Tennis Programme (All activities subject to change)

Thursday

Arrival

2-3:30pm	Tennis coaching (1.5 hours)
or 3:30-5pm	Example theme: Technique & tactics to improve rallying/consistency on the forehand and Shot of the day; 'Clay court forehand' (45mins)
5-5:45pm	Master class for all on 'Doubles Tactics'
7pm	Welcome drinks meeting in the tennis club house.

Friday

9-10:30am	Tennis coaching (1.5 hours)
or 10:30-12pm	Example theme: Net play including tactical positioning, volleying technique & the smash
12:15-1:00pm	Cardio tennis
2-3:30pm	Match play (1.5 hours) or coaching (1 hour)
or 3:30-5pm	Example theme: Footwork patterns

Optional

video analysis	Times 2-3:30pm or 3:30-5pm €25 pp
5:15-6pm	Shot of the day, Theme: service clinic

Saturday

9-10:30am	Tennis coaching (1.5 hours)
or 10:30-12pm	Example theme: Backhand slice & approach shot
12:15-1pm	Shot of the day; Backhand-topspin groundstroke
3-5pm	Team tennis tournament
5:15pm	Exhibition match

Sunday

10-11:20am	Mega clinic (4 x20 min sessions to review the weekend's tennis)
11:30-12pm	Cardio tennis
12pm	Presentation followed by departure

The Week Tennis Programme (All activities subject to change)

📅 Saturday

Arrival & welcome drinks meeting in the tennis club house.

📅 Sunday / Monday / Tuesday / Thursday

9-10:30am	Tennis Coaching (1.5 hours)
or 10:30-12pm	Example theme: Net Play including tactical positioning, volleying technique & the smash
12:15-1:00pm	Cardio tennis
2-3:30pm	Match play (1.5 hours)

Optional video analysis

5:15-6pm	Shot of the day clinic - Service clinic
6pm	Pro's Exhibition Match

📅 Friday

9-10:30am	Tennis Coaching (1.5 hours)
or 10:30-12pm	Example theme: Backhand slice & approach shot
12:15-1pm	Shot of the day clinic - Backhand-topspin & groundstroke
3-5pm	Team tennis tournament
5:15pm	Pro-Am exhibition match & presentation

📅 Additional activities

- Aerobics
 - Volleyball
 - Luxury Spa
 - 5-a-side football
 - Aqua Classes
 - Golf
 - Fitness Gym
 - Quiz Nights
 - Disco Evenings
 - Children's Clubs
 - Teens Clubs
 - Horse Riding
-

📅 Please note

* All Classes / Events / Sessions are subject to change

** Kids tennis programme available for 4-18 years with groups matched to age and ability.

***Not all additional activities available at all resorts. Some attract additional fee payable locally.

Our Programmes continued...

The Family Tennis Week Programme (All activities subject to change)

⌚ Saturday

Arrival & welcome drinks meeting in the tennis Club House.

⌚ Sunday / Monday / Tuesday / Thursday

9-10:30am	Adults and kids tennis coaching
or 10:30-12pm	Example theme: Backhand-techniques for topspin drive and slice
12:15-1:00pm	Cardio tennis
2-3:30pm	Adults and junior players match play, kids multi-sport fun

Optional video analysis

5:15-6pm	Shot of the day clinic - Backhand slice
6pm	Pro's Exhibition Match

⌚ Friday

9-10:30am	Adults and kids tennis coaching
or 10:30-12pm	Example theme: Net play – approach shot, volley & smash
12:15-1pm	Shot of the day clinic - The serve
3-5pm	Adults and junior players team tennis tournament. Kids multi-sport fun
5:15pm	Pro-Arm exhibition match & presentation

⌚ Additional activities

- Aerobics
 - Volleyball
 - Luxury Spa
 - 5-a-side football
 - Aqua Classes
 - Golf
 - Fitness Gym
 - Quiz Nights
 - Disco Evenings
 - Children's Clubs
 - Teens Clubs
 - Horse Riding
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