



Desert Springs

Adult Activities & Programmes

ADULT

Coaching, Activities and Programmes for Adults

Jim Gordon, our Sports Manager at The Sierra Club, which provides a wide range of quality indoor and open-air sports and fitness facilities and is located beside the famous Crocodile Club on the Desert Springs Resort, has devised a number of activities for adults.

Adults can sign up for anything from a single session for €10 per person, a full day for €28 per person through to a 5 day programme for €112 per person.

LOW SEASON

7th Jan - 28th Feb / 1st Nov - 21st Dec

	11am - 12pm	12pm - 1pm	1pm - 2.30pm	2.30pm - 3.30pm	3.30pm - 4.30pm	4.30pm - 5.30pm
Tuesday	Tennis	Golf Clinic	Lunch	Trim Trail	Table Tennis	Mountain Bikes
Thursday	Golf Clinic	5 A-side Football	Lunch	Basketball	Tennis	Gym

MID SEASON

1st - 6th Jan / 1st - 31st Mar / 9th April - 30th June / 1st Sept - 31st Oct / 22nd - 31st Dec

	11am - 12pm	12pm - 1pm	1pm - 2.30pm	2.30pm - 3.30pm	3.30pm - 4.30pm	4.30pm - 5.30pm
Monday	Trim Trail	Paddle	Lunch	5 A-side Football	Tennis	Mountain Bikes
Tuesday	Tennis	Golf Clinic	Lunch	Gym	Paddle	Basketball
Thursday	Golf Clinic	Tennis	Lunch	5 A-side Football	Beach Volleyball	Mountain Bikes

HIGH SEASON

1st - 8th April / 1st July - 31st August

	11am - 12pm	12pm - 1pm	1pm - 2.30pm	2.30pm - 3.30pm	3.30pm - 4.30pm	4.30pm - 5.30pm
Monday	Trim Trail / Gym	5 A-side Football	Lunch	Basketball	Tennis	Pool Games
Tuesday	Beach Volleyball	Golf Clinic	Lunch	Mountain Bikes	Paddle	Pool Games
Wednesday	Trim Trail / Gym	Tennis	Lunch	Paddle	Gym	Pool Games
Thursday	Golf Clinic	Paddle	Lunch	Basketball	Tennis	Pool Games
Friday	Golf Clinic	Tennis	Lunch	Mountain Bikes	Paddle	Pool Games

RESERVATIONS:

Tel: (+34) 687 599 115
Fax: (+34) 647 478 014
Email: jsg@almanzora.com
Web: www.almanzora.com

