



2007 ABAMA TENNIS PROGRAMMES

Valid from 1st of February until 31st of October 2007

THE SÁNCHEZ-CASAL SCHOOL AT ABAMA

Emilio Sánchez Vicario and Sergio Casal, founders of the Sánchez-Casal International Tennis School (Academia de Tenis Internacional Sánchez-Casal ASC), the most prestigious tennis school in Europe, have incorporated their teaching methods into the ABAMA ASC Tennis Programmes. These involve using the same techniques used for training professional players, but customised to each player's age, level and goals.

The ABAMA ASC Tennis programmes are suitable for tennis lovers wishing to enjoy the experience of training with some of the best coaches in the world, in extraordinary surroundings and facilities.

Players can choose their programme in accordance with the length of their stay including, if they wish so, some extra training sessions or even a special physical preparation programme for tennis players with a personal trainer, which is provided at ABAMA's Fitness facilities.

CONTENT OF THE ABAMA TENNIS PROGRAMMES

The training Programmes take place on flexiplave courts (similar to the US Open and Australian Open courts) and are taught by world-class coaches trained at the main Sánchez-Casal School facilities in Barcelona.

All programmes include:

- Assessment of each **player's** level and position in a group of no more than 4 players.
- On-court training:
 - Working with ball buckets tennis ball machines
 - Correcting basic strokes
 - Training for real play situations
- Personalised Report
 - Training pattern analysis
 - Conclusions and Suggestions

OTHER SERVICES INCLUDED IN THE PROGRAMMES

- Transfers from the Hotel lobby to the facilities.
- First class materials: Head racquets and balls
- Towel, mineral water and fruit on the court.
- Massage session.



Bronze ASC Tennis Programme – 2 nights

Rates

ABAMA Double Room - Dbl Occupancy	from 525 Euro
ABAMA Double Room - Sgl Occupancy	from 755 Euro
ABAMA Double Room Panoramic View – Dbl Occupancy	from 565 Euro
ABAMA Double Room Panoramic View – Sgl Occupancy	from 825 Euro
ABAMA Double Room Ocean View – Dbl Occupancy	from 585 Euro
ABAMA Double Room Ocean View – Sgl Occupancy	from 855 Euro

* Additional room types are available on request

The Bronze ASC Package includes:

- 2 night-stay, in the room type booked including daily buffet breakfast at La Veranda
- 2 two-hour morning training sessions (9 am to 11 am or 11 am to 1 pm)
- One 25-minute head, shoulder and back massage at **the** ABAMA spa

Options:

- 1-hour optional extra session per day, in the afternoon (between 3 pm and 6 pm): €13.40 including 5% IGIC (Canary Islands General Indirect Tax)
- 2-day Physical Preparation Programme: €13.40 including 5% IGIC
- Companions not wishing to take advantage of the Bronze ASC package will receive a €50 credit to be used at any of our Hotel facilities except the ABAMA Boutique, the ABAMA Jewellery, the Kiosk and the Pro Shop. This credit is non-transferable and non-redeemable.



Silver ASC Tennis Programme – 3 nights

Rates

ABAMA Double Room - Dbl Occupancy	from 785 Euro
ABAMA Double Room - Sgl Occupancy	from 1.130 Euro
ABAMA Double Room Panoramic View – Dbl Occupancy	from 850 Euro
ABAMA Double Room Panoramic View – Sgl Occupancy	from 1.235 Euro
ABAMA Double Room Ocean View – Dbl Occupancy	from 875 Euro
ABAMA Double Room Ocean View – Sgl Occupancy	from 1.285 Euro

* Additional room types are available on request

The Silver ASC Package includes:

- 3 night-stay, in the room type booked including daily buffet breakfast at La Veranda
- 3 two-hour morning training sessions (9 am to 11 am or 11 am to 1 pm)
- One 25-minute head, shoulder and back massage at **the** ABAMA spa

Options:

- 1-hour optional extra session per day, in the afternoon (between 3 pm and 6 pm): €141.75 including 5% IGIC (Canary Islands General Indirect Tax)
- 3-day Physical Preparation Programme: €141.75 including 5%
- Companions not wishing to take advantage of the Silver ASC package will receive a €250 credit to be used at any of our Hotel facilities except the ABAMA Boutique, the ABAMA Jewellery, the Kiosk and the Pro Shop. This credit is non-transferable and non-redeemable.



Gold ASC Tennis Programme – 5 nights

Rates

ABAMA Double Room - Dbl Occupancy	from 1.280 Euro
ABAMA Double Room - Sgl Occupancy	from 1.850 Euro
ABAMA Double Room Panoramic View – Dbl Occupancy	from 1.380 Euro
ABAMA Double Room Panoramic View – Sgl Occupancy	from 2.030 Euro
ABAMA Double Room Ocean View – Dbl Occupancy	from 1.425 Euro
ABAMA Double Room Ocean View – Sgl Occupancy	from 2.105 Euro

* Additional room types are available on request

The Gold ASC Package includes:

- 5 night-stay, in the room type booked including daily buffet breakfast at La Veranda
- 5 two-hour morning training sessions (9 am to 11 am or 11 am to 1 pm)
- One 55-minute Swedish massage at **the** ABAMA spa
- 1 Spa Experience at **the** ABAMA Spa which offers Tepidarium, Hamam, African Sauna, Herbal Steam Bath, Kneipp Circuit, World of Showers, Refreshing Pool, Snow Cabin, Hydrotherapy Pool and Pool Spa Garden

Options:

- 1-hour optional extra session per day, in the afternoon (between 3 pm and 6 pm): €67.50 including 5% IGIC
- 5-day Physical Preparation Programme: €156.75 including 5% IGIC
- Companions not wishing to take advantage of the Gold ASC package will receive a €100 credit to be used in any of our Hotel facilities except in ABAMA Boutiques, ABAMA Jewellery Kiosk and Pro Shop. This amount is non-refundable or transferable.



Seasons

Winter Season – Period A:	1 st Feb – 25 th Mar 07
Winter Season – Period B:	17 th – 30 th Apr 07
Summer Season:	1 st May – 31 st Oct 07
Package not available:	26 th Mar 07 – 16 th Apr 07

Terms & Conditions

- Prices are quoted in Euros (€) and include 5% IGIC (Canary Islands General Indirect Tax)
- Package rates are quoted per person.
- Extra nights are available on request and include unlimited use of tennis courts and material at no extra charge.
- Packages are subject to availability and changes without previous notice by the Hotel.
- All cancellations must be communicated to the hotel 72 hours previous to arrival. Cancellations made after this time will be charged at the full price of the package.
- These packages cannot be combined with any other offers or added values.
- The credit given to companions not wishing to take advantage of the ASC packages is non-transferable, non redeemable and may be used in any of the Hotel's facilities except the ABAMA boutique, the ABAMA Jewellery, the Pro Shop and the Kiosk. If the credit is not fully used, the Hotel reserves the right not to pay the difference.
- Special conditions for children are available on request