

ATF NEWSLETTER

Tennis workshops

September 2019 will see a new turn as we are introducing **workshops for all levels** which will aim to cover tactical and technical elements of one's game. Each workshop will be a 1.5 hour session once a week. We expect these workshops to be a fun way to become a better player! Read more on page 2.

Tennis league

Our Saturday tennis league tournaments have been a hit and continue to be so, which is why we are going to continue! Sign up with a partner or alone as we will assign a partner to you. Don't forget that you can earn club ranking points. The **next League Tourney** will be on Saturday 14th September at 12.30 - sign up soon!

Test rackets

We currently feature all of the 2019 Wilson rackets at your disposal to try out - such as CLASH, BLADE, ULTRA, BURN, and PRO STAFF. We are also stocked with new strings and provide re-stringing in our Pro-shop. Remember, members get a 15% discount!

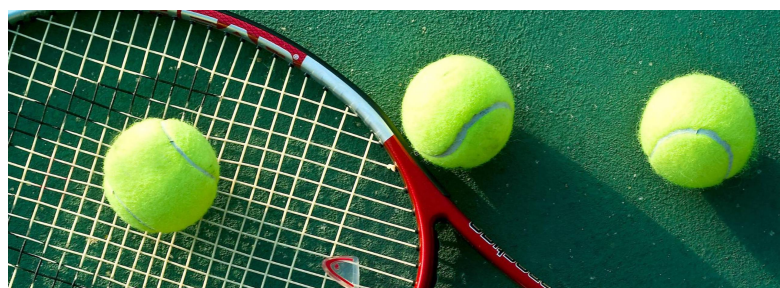


Another year, another success...

Welcome to the 2019 edition of our ATF newsletter, filled with exciting news and stories set out to keep you informed about our club's latest. Remember to also regularly check our Facebook, Instagram, and website to ensure that you are always in the loop!

What's new?

This newsletter gives you highlights about our club sports, new members, our fantastic restaurant, and exciting events. Our club continues to grow and expand with never-ending innovative ideas and developments in order to ensure only the best for our customers.





Footgolf

Our footgolf has been as popular as ever and remains a great way to entertain the family over the summer. Suitable for everyone, old and young, come and play on our Desert Pines footgolf course at ATF. Only €10 for adults and €8 for children, incl the ball. Discounts available for family groups, groups of 4 or more, and for bigger groups.

Perfect for birthdays, stag/hen parties, team building etc.

(For big groups, book in



Tennis workshops

...our tennis workshops will be managed by our coaches Miguel Segueira, Vitor Gonçalves, Yuriy Yudin and Søren Højbjerg. Prices: €22.50 for club members (or €15 per hour) and €27 for non-members (or €18 per hour.) We wish to keep each workshop at 3-5 players. Come by the club to sign up!

Contact

Remember you can contact us on:

TEL: +351289385028

Email:
sports@algarvetennisandfitness.com

Sparring partners

If you feel like you could benefit from hitting some balls with a coach but don't necessarily feel up to a normal lesson, you can book our coaches as sparring partners. Great way to build up consistency and to get a good tip or two on the way! Available as sparring partners are:

Yuriy Yudin
Soren Højbjerg
Nuno Leite
Carla Dias
Gilles Masdan (over the summer)

New members

Name:	Nationality:	Sports activity:
Simon Browse	English	Tennis/Padel
Elaine Collings	English	Tennis
Mike Collings	English	Tennis
Manuel Mogo Rosendo	Portuguese	Tennis
Ralph Vehlow	South-African	Padel
Johan Krall	Dutch	Tennis
Sandra Krall	Portuguese	Tennis
Florian Krall	Dutch	Tennis
Emily Krall	Dutch	Tennis
Eddie Nobrega	Portuguese	Padel
Simon Blair	English	Tennis/Padel
Luis Ramalho	Portuguese	Tennis
Erika Herbert	Czech	Tennis

We continue to add new members to our club thanks to our fantastic membership benefits and rates!



News from the kitchen:



Apart from our menu, we have several dish-of-the-day options and are even open to orders outside of the menu, just tell us and we will make it for you! We serve breakfast and lunch, (dinner via reservation) and have many options for snacking and freshly baked cakes to accompany an afternoon tea or coffee. Our bar is also equipped with hot and cold drinks, local Portuguese wines and cocktails of your choosing!

Allergies can be catered to.

Our menu is divided into the following categories:

- Healthy/vegetarian/light food
- Traditional international dishes
- Traditional Portuguese dishes (fresh fish too)
- Asian dishes
- Typical bar/pub food
- Sandwiches/wraps/pizzas

Take-away's are available! Our chef Luisa can even prepare a dinner for you to pick up and take home, just ask!

We use fresh, local ingredients.



OUR
SOCIAL
TENNIS
SCENE

weekly programme:

MONDAYS:

Ladies doubles 09:30-11-30am

Ladies doubles 5:00-6:30pm

Men's doubles 6:30-8:30pm

TUESDAYS:

Men's evening 6:30-8:30pm

WEDNESDAYS:

Ladies Morning 10:00-12:00

THURSDAYS:

Ladies doubles 5:00-6:30pm

Men's doubles 6:30-8:30pm

FRIDAYS:

Men's morning 10:00-12:00am

SATURDAYS:

MIX ROLL-UP 09:30-11:30am

As you know, our ATF social tennis scene is very vibrant and popular. We welcome both holiday guests and guests in general to come by to play with our club members.

We also arrange singles matches upon request.

If you are interested in any of these sessions, please contact our sports reception:

TEL +351 289 385 028

Email:

admin@algarvetennisandfitness.com

Social Padel League



From December until June, the ATF padel league held 78 participants who played 5 tournaments in the Round Robin style. A special thanks to Amanda Stretton for being our most active player!

And now for the top 8:

1. Paulo Sopa
2. Pedro Milheiriço
3. André Sopa
4. Renata Jesus
5. Rui Nunes
6. Sérgio Carolino
7. Julian Ross
8. Mike Jenkins



Lida news



For those of you who don't already know, we have some excellent treatments available at the ATF Healthland. These include ear candling, moxibustion, cupping, scraping, and acupressure/puncture, reflexology and massages.

FPP Tournament

ATF is organizing an official tournament for the Portuguese Padel Federation the 6-8th September for levels 2 and 3.

Padel lessons

During the summer we have both private and group lessons available upon booking.

WhatsApp group

Join our WhatsApp group chat to join our activities, find other players, book, and stay in the loop.



The road

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After a long time of waiting, the road is finally complete - at least in front of the club and up to the VDL road. The new feature means that you can now also access ATF on foot or by bicycle! Thank you for your patience and understanding.

Our pro-shop

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Our pro-shop offers a wide variety of Wilson products featuring bags, clothes, shoes, rackets and accessories. Remember that our club's pro-shop also features plenty of products for kids including clothes, shoes and rackets. Our child sizes range from 6 years old to teenage years.

It doesn't stop at kids

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Right opposite the club we have an area designed for you to bring your dog for an agility training obstacle course. Free of charge, but come by for a refreshing drink at the club afterwards; we are dog-friendly too!

Summer means

KIDS

CLUB



As usual during the summer-season, we run a kids club every morning from 9am-1pm. All children are welcome to come and have some fun with other children while enjoying the fantastic sport activities we have to offer. These include: tennis, padel, hockey, pétanque, swimming, and more!
Lunch included.
Please call the club reception to book or contact us:
TEL +351 289 385 028 Email: sports@algarvetennisandfitness.com





Our fitness classes consist of:

- Body Pump
- Spinning
- Pilates
- Stretching
- Personal Training

..taught by our fantastic team of fitness instructors in our sports pavilion (and sometimes outside.)

Now we are introducing **yoga classes** starting in August with instructor Sofia Mestre.



And finally...

Heavenly Roberts will begin **art, dance, and singing** lessons for kids and teenagers at ATF starting from September 2019!

Art will run on **Tuesdays** and **Thursdays** after school hours, and dance/singing will be on **Saturdays**.

If you are interested in these classes or more information please contact the club reception.



Thank you, we hope to see you soon!

How to contact us:

Instagram: atf_club

Facebook: Algarve Tennis and Fitness

Website: algarvetennisandfitness.com

TEL: +351 289 385 028

Email: sports@algarvetennisandfitness.com

