

NEWSLETTER '20

New lights

The process of changing the lights on all of our courts to stronger ones continues. New lights have already been installed on courts 2 and 3 and the installation on the others is underway. No more excuses for bad shots during the darker hours!

Newest team member

We are delighted to introduce our new coach Zé Lopes. Zé is experienced in both tennis and padel and is especially involved in Cardio Tennis programmes, now running 3 times a week. Zé and Nuno have started Cardio Padel too, which will run on Mondays. Welcome to ATF Zé!

Two new tennis courts

Since January 2020 we have been in collaboration with Lakeside Country Club in QDL to administer their tennis courts. These courts will be open to club clients in overflow times and for big groups. Also open for lessons and various sessions.



Welcome back!

Dear all, welcome back to ATF after the COVID 19 lockdown. We are very happy to be operational again, although with a few restrictions in place. We follow the guidelines set out by the government and the National Tennis & Padel Associations to ensure safe play for all. We encourage you to follow the guidelines as well, especially frequent hand washing and social distancing of 1.5-2m. Thank you. Happy play!

Algarve International School

In September 2020 we will have a new neighbour, the Algarve International School (AIS.) This new school welcomes children ages 12-19 to help them attain their IGCSE's and A-levels. We hope to see this bring new life and a more international feel to our club. The school will sometimes rent courts and the sports pavilion for certain hours during the week in order to facilitate teaching, none of which will interfere with the club life and usual schedule.



PRO SHOP new collection 2020

The new collection of shoes, apparel, rackets and accessories has officially been ordered and will arrive at our pro shop by Easter. This means that now is the time to assess if you are up to date for the new season! We have things for adults and children in an array of sizes and colours.

★ ...don't forget that our pro shop also offers racket restringing services!



Punch-card membership

For our clients who travel or who only spend a part of the year in the Algarve, we now offer a membership type that caters to this. You can buy a "Punch-Card Membership" complete with 12 months. Upon arriving at the club, we punch a hole in the card and you can play for the month. If you are here for two months, we punch two holes, etc. The minimum you can punch is one month.

If you are here but only for a short time and can only play a limited amount, you can choose to buy a normal court fee instead of "punching a month." Note that due to its flexibility and duration, this 12-month card is slightly more expensive than the standard annual membership.

Please remember that if you are a frequent player who plays 2-3 times per week, your membership is earned back within 3 months and you play 9 months for free! Very good value for money.

For further questions about memberships, please contact the club or ask for information at our reception.

Padel news

You can find the new weekly padel programme at our sports reception. New sessions have been added such as Cardio Padel, Squad Training, and more Match Days such as the Friday afternoon Padel & Cocktails session. Padel is now grouped into 5 levels (5 being beginner and 1 advanced.) Most matches and practices will also be divided into levels. Our new coach Zé Lopes will now also be coaching padel and will join Nuno Leite and Tony Rocha on the padel coach team.



Cardio tennis & padel...



Prices: 15€ for club members/20€ for guests.

Sessions suitable for all except for total beginners.

Please sign up at the ATF sports reception or with Nuno or Zé.

What does it involve?

- Hitting balls
- Constant moving
- Drills
- Cardio exercises
- Match situations
- Meeting new and familiar faces
- Having fun!

Cardio Tennis:

Tuesdays 09:30-11:30 (advanced)

Thursdays 10:00-11:30 (new cardioers)

Fridays 10:00-12:00 (intermediate)

Coached by Zé Lopes and Yuriy Yudin

Cardio Padel:

Mondays 10:30-12:30 (level 3 and 4)

Coached by Nuno Leite and Zé Lopes

...and team tennis/inter clubs

ATF aims to get active again - engaging in having teams and playing in regional and national tournaments. We are looking for players who would have time to spare for becoming a part of the more competitive side of our club.

The following teams this year:

- Ladies 35
- Ladies 45
- Mens 35
- Mens 45
- Mens 55 or 60

5-6 players minimum in each category. We already have a good number of interested players but are open to more.

For more information or for sign-up please contact Zé or the sports reception.

We hope to see you there!



NEWS FROM THE KITCHEN



Our tennis options:

- Lessons
- Hitting sessions
- Game arranging according to your level
- Social Club Tennis events
- Team tennis (interclubs)
- Squad and group training sessions
- Cardio tennis

- We are stocked with new ice cream ready for the hot days ahead! Cornetto, Magnum, and much more.
- Luisa now makes fresh chocolate chip cookies, brownies and a cake on a daily basis due to increased demand. We even have a line of people waiting to try what's fresh out of the oven!
- New smoothies and milkshakes are now available at our bar.
- Luisa is becoming known as the Curry and Stir-fry Master as they have proven to be a popular choice among our guests. Come and try if you haven't already!
- We have a fantastic "dish of the day" at a great value that is also very popular. Only fresh and local ingredients used.
- Takeaways are always possible for dinner. This is a good choice for those playing evening sessions to take home with them afterwards.
- Our afternoon kitchen is extending its hours to after 3pm, too. A good selection of healthy choices such as wraps, sandwiches, salad bowls, and sugar-free snacks. Other items will still be available - just ask!
- **Don't forget that most if not all allergies can be catered to.**

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For those of you who would prefer to practice hitting balls rather than a traditional lesson, you can book a 60 minute hitting session with one of our coaches. Despite not being a lesson, advice and comments from the coach can still be given if you wish. This kind of training is ideal to gain rhythm, speed and practice.

OR why not rent a court with our ball machine? You decide on the speed and variation, where and how you wish for the ball to be sent over to you. Features such as spin, trajectories etc are all possible.

Think of us for your next event!

ATF is happy to host and welcome a variety of events here at the club such as birthday parties, stag/hen parties, business team-building etc. We can help you organise an array of different activities and can provide you with food, cake, and any other specifics you may wish to have.

This is a popular option for big or small event groups and has proven to be a success in the past. Just make sure to book in advance at our reception, provide us with all the details, and leave the rest up to us!



TENNIS SPARRING PARTNERS





OUR Desert Pines FOOTGOLF COURSE



Our Desert Pines course has been groomed after the winter period and is now ready for play!

It is great fun for the whole family and suitable for all ages. We even have groups competing here and were recently visited by **Seville FC** and **Manu U23 FC**!

Desert Pines is a great alternative to traditional mini-golf or paintball for stag-parties, birthdays, corporate events, team building, etc. We welcome these events and do our best to host them and make the day special.

Our course is open from 08:00 until an hour before sunset. One round usually takes an hour.

Prices: €10 for adults/€8 for children (per round and including ball rental.)

Remember that our ATF club members can benefit from a 15% discount!

ATF's
new
fitness instructors



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How can YOU help
ATF?

ATF is always striving to improve. We are specifically dedicated to improving our teams, junior department and performance players in order to profile the club on regional and national levels. We welcome any help and sponsorship from interested parties or businesses who would like to support a good sports cause. As a sponsor, this brings the possibility to advertise one's services with our help here at ATF.

Should this initiative speak to you, please contact Soren.

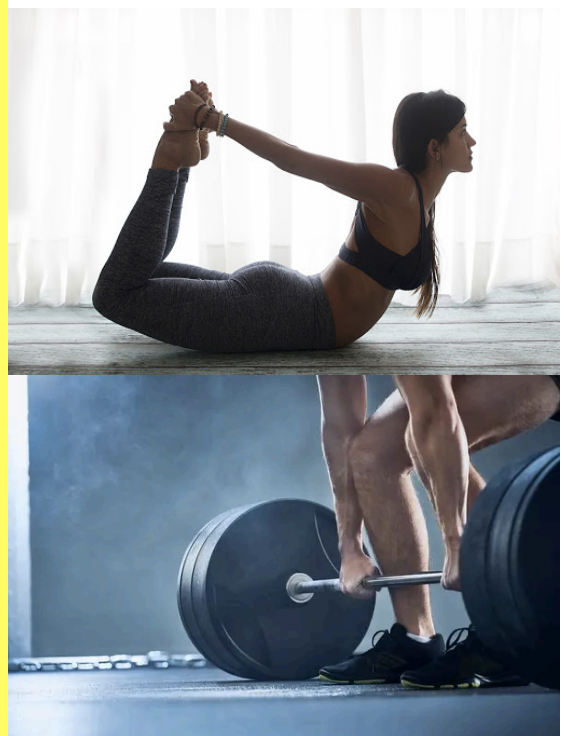
We thank you.

Aside from our fitness classes we now offer some new activities. Our classes are mostly centred towards longevity and well-being, but are equally aimed at racket sports players who wish to avoid sports injuries or even to aid existing ones.

Our new additions to our fitness instructor team:

Amy (dance classes)
Catarina (yoga)
Sofia (yoga)
Soren (fitness and weight lifting)

For information about our schedule or for any queries please ask at our sports reception.



SOCIAL TENNIS PROGRAMME

MONDAY:

Ladies Doubles 17:00-18:30 B
Mens Doubles 18:30-20:30 A/B
Power Fit Tennis (Zé) 11:30-12:30 A/B

TUESDAY

Mens Evening 18:30-20:30 B
Cardio Fit Tennis (Zé) 9:30-11:30 A

WEDNESDAY

Ladies Morning 10:00-12:00 B/C
Mixed Doubles training (MS) 11:30-13:30 A/B
Team Ladies Practice (Zé) 10:30-12:00 A

THURSDAY

Ladies Doubles 17:00-18:30 B/C
Mens Doubles 18:30-20:30 A/B
Cardio Fit Tennis (Zé) 9:30-11:30 C

FRIDAY

Mens Morning 10:00-12:00 B
Cardio Fit Tennis (Zé) 10:00-12:00 B
Tennis/cocktail RR (Zé) 14:00-16:00 A

SATURDAY

Mix roll-up 9:30-11:30 A/B/C



SOCIAL PADEL PROGRAMME

MONDAY

Cardio Padel & match 10:30-12:30 (all levels/4-10 pax)

TUESDAY

Group coaching 17:00-18:00 (level 4/4-8 pax)

WEDNESDAY

Group coaching, match and strategy 10:00-11:30 (level 3 & 4/4-8 pax)

THURSDAY

Group coaching 10:30-11:30 (level 5/4 pax)

FRIDAY

Padel games organised by Katie 14:00-16:00 (level 3&4)



PAVILLION ACTIVITIES: Please book with the instructor directly or through the club-house (289 385 028)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00							
8:30							
9:00	BODYPUMP	SPINNING CLASS	BODYPUMP	SPINNING CLASS	SPINNING CLASS	9:30	
9:30	Susana Reduto	Susana Reduto	Susana Reduto	Susana Reduto	Susana Reduto	SPINNING CLASS	
10:00	10:20	10:30		10:20	10:30	Susana Reduto	
10:30	CLINICAL PILATES	PILATES	11:00	CLINICAL PILATES	PILATES		
11:00	Karen Peters	Karin Forster	CLINICAL PILATES	Karen Peters	Karin Forster		
11:30	STRETCH CLASS	11:45	Karen Peters	STRETCH CLASS	Seniors	DANCE	
12:00	Karen Peters	YOGA	12:15	Karen Peters		AND	
12:30	Fitness	Sofia Mestre	BACK TO BASICS	Fitness		SINGING	
13:00	Soren Hojbjerg		Karen Peters	Soren Hojbjerg			
13:30							
14:00							
14:30	School	School		School			
15:00							
15:30							
16:00							
16:30		Dance		Dance			
17:00		Amy		Amy			
17:30				Dance		Heavenli	
18:00				Amy			
18:30	PILATES	YOGA	Pilates	YOGA			
19:00	Sandra Matos	Catarina Carvalho	Sandra Matos	Catarina Carvalho			
19:30							

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Our
sports
pavilion
activities

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REAL ESTATE AROUND THE CORNER!

Did you know that we have a Real Estate office, Villas and Vacations (VV), just around the corner from the club house? VV takes care of **sales** and **purchases**, **rentals** and **property management**. VV always have a wide selection of properties available for both sales and rentals.

VV also assist in finding accommodation for some of our tennis/padel groups visiting the club.

Should you have interest in buying, selling, renting or in property management, just pop by to the front and we can help you.

You can also address Soren at ATF Club.



Why not the Algarve for your new home?

