



LA MANGA CLUB
sport & leisure



TENNIS
AT LA MANGA CLUB

Welcome

to La Manga Club Tennis Centre



“I have been a fan of La Manga Club since I first came 20 years ago. The courts and the training facilities are outstanding, to go with the tremendous atmosphere and weather..”

Ross Hutchins

Great Britain Davis Cup doubles player

One of Europe's finest outdoor facilities and international training destinations.

We offer a winning combination of 28 courts, on-court coaching led by our enthusiastic team of multilingual, qualified and experienced tennis professionals and La Manga Club's own unique methodology.

James Rose, Director of Tennis Coaching, oversees all academy courses and coaching programmes. James has vast coaching experience and has travelled extensively with players to many international tournaments. Working at an LTA High Performance Centre in London as manager of performance women's tennis, he developed a programme, which produced over 10 WTA ranked players and numerous top international juniors.

We look forward to welcoming you to La Manga Club.

A close-up photograph of a hand holding a bright yellow-green tennis ball. The hand is positioned over the strings of a tennis racket, which is partially visible at the bottom. The background is a clear blue sky. The overall scene is bright and sunny, suggesting an outdoor tennis court setting.

Join us

Tennis welcome day

Sundays 17:00

Special pre-welcome
day offer:

Courts just €15 per hour
from 14:00-17:00 on Sundays

Come and join us for a welcome drink on Sundays at 17:00 in the Tennis Centre:

- Meet La Manga Club's tennis coaching professionals and other key members of the tennis team
- Register and confirm your place at the week's academies
- Learn more about timings and details of that week's events
- Find out more about the resort: restaurant opening times, facilities and events

Take a look through this guide and find out more about:

- Our academies: adult, junior and performance, plus benefits enjoyed by participants
- Our courts and facilities
- Other Tennis Centre events



We organise
all groups
on a Monday,
on court



Adult academy

Our famous Adult Academy runs all year (the full 52 weeks). Our coaching professionals offer dynamic sessions that ensure every player leaves motivated and inspired.

We offer a number of programmes to suit all schedules:

- Adult Academy: 10 hours over 5 days , Monday to Friday
- Gold Academy: 25 hours over 5 days, Monday to Friday
- Weekend Warriors: 10 hours over 3 days, Friday, Saturday, Sunday

Adult 10-hour academy

Runs from 09:00 to 11:00 hrs each day from Monday to Friday and is designed to give players of all levels a comprehensive programme covering the major aspects of the game.

- Monday:** Forehand and first serve: a mix of specific trolley drills and live ball situations, focusing on technical and tactical aspects.
- Tuesday:** Backhand and second serve: a mix of specific trolley drills and live ball situations, focusing on technical and tactical aspects.
- Wednesday:** Net play: covering volleys and overheads, focusing on technique, movement and court position.
- Thursday:** Transition game and doubles tactics: featuring the famous La Manga Club demonstration!
- Friday:** Fun tournament: review of all concepts and application.

TENNIS CENTRE RATES 2015

OWNER

RESIDENT

€270

€300

WINTER SPECIAL RATES 2015

01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

OWNER

RESIDENT

€200

€225

Each session begins with a tennis-specific warm-up and a recap of the previous day. Our resident tennis professionals give a daily shot demonstration during the session. Resident rates apply to guests staying at the Hotel La Manga Club Príncipe Felipe and Las Lomas Village.

25-Hour gold academy

An effective 5-day programme (Monday to Friday) with an in-depth focus on technical, tactical and mental aspects of the game.

09:00-11:00 hrs: See the Adult 10-Hour Academy overleaf – our morning schedule mirrors this programme.

15:00-16:00 hrs*: Tactical clinic: specifically designed programme to improve players' patterns of play in both doubles and singles through innovative live ball drills based on shot selection, awareness of defensive, neutral and attacking situations, directional control and mental toughness.

16:00-18:00 hrs*: Match play: joining the Club Afternoon and afternoon tournaments with singles and doubles match play throughout the week.

*Times are subject to change so always check with the Tennis Centre reception.

TENNIS CENTRE RATES 2015

OWNER

RESIDENT

€420

€465

WINTER SPECIAL RATES 2015

01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

OWNER

RESIDENT

€325

€350

10-Hour weekend warriors academy

The perfect way to improve your game in just one intense weekend.

- Friday 11:15-13:15 hrs: Forehand and first serve: a mix of specific trolley drills and live ball situations, focusing on technical and tactical aspects; consistency and shot selection: defensive, neutral and attacking skills.
- Friday 16:00-18:00 hrs: Match play / tournament.
- Saturday 11:00-13:00 hrs: Backhand and second serve: a mix of specific trolley drills and live ball situations, focusing on technical and tactical aspects; footwork and balance.
- Saturday 16:00-18:00 hrs: Match play.
- Sunday 09:00-11:00 hrs: Net play: covering volleys and overheads, focusing on technique, movement and court position.

Please note: Weekend Warriors will not take place during July and August.

TENNIS CENTRE RATES 2015

OWNER

RESIDENT

€250

€275

WINTER SPECIAL RATES 2015

01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

OWNER

RESIDENT

€190

€205



Performance academy

NEW FOR
2015

Designed for players aged 19 and under who want to improve their technical, tactical, physical and mental level through an intense 32- or 17-hour weekly training programme on clay. Throughout the programme, players will increase their understanding of the game and gain an insight into a pro player's training regime, helping to maximise their potential.

- Registration on Sunday afternoon
- 3 or 6 hours' coaching per day, Monday to Friday
- Tennis specific physical training
- 10,12,15 and 19 & under programmes
- Coach to player ratio no more than 1:4

A minimum standard of play is required. As a guide the performance academy is designed for players who have a structured training/competition programme in place.

32 Hours per week

The Performance Academy is an intense and comprehensive training camp offering a combination of technical work, tactical skills, match play and tennis specific fitness. CTPerf, a reputable tennis specific physical training company, implements the fitness programme, on and off court.

TENNIS CENTRE RATES 2015

AGE GROUP	TIME	OWNER	RESIDENT
10&U* (20 HRS)	11:00 - 13:00 16:00 - 18:00	€380	€425
12&U*	11:00 - 14:00 16:00 - 19:00	€475	€525
15&U*	11:00 - 14:00 16:00 - 19:00	€475	€525
19&U*	11:00 - 14:00 16:00 - 19:00	€475	€525

WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

TIME	OWNER	RESIDENT
11:00 - 13:00 16:00 - 18:00	€305	€340
11:00 - 14:00 16:00 - 19:00	€355	€395
11:00 - 14:00 16:00 - 19:00	€355	€395
11:00 - 14:00 16:00 - 19:00	€355	€395

* For academies to run, a minimum of 3 people is required.

17 Hours per week

Our half-day programme allows players to undertake either morning or afternoon intensive training and runs alongside the full-time, 32-hour programme.

TENNIS CENTRE RATES 2015

AGE GROUP	TIME	OWNER	RESIDENT
12&U*	16:00 - 19:00	€355	€395
15&U*	16:00 - 19:00	€355	€395
19&U*	16:00 - 19:00	€355	€395

WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

TIME	OWNER	RESIDENT
16:00 - 19:00	€300	€335
16:00 - 19:00	€300	€335
16:00 - 19:00	€300	€335

*For academies to run, a minimum of 3 people is required.

Performance academy programme

SUNDAY

17:00-19:00

Registration for all Performance Academy players: allows players to meet fellow squad members, learn more about the week ahead and to get familiar with the clay courts. It also provides an opportunity for our coaches to see players in action.

MONDAY

11:00-11:30

Tennis specific warm-up

11:30-12:15

Movement - specific footwork drills

12:15-12:45

Movement - technical work incorporating correct footwork patterns

12:45-13:00

Movement - serve & 3rd ball

13:00-14:00

Points & matchplay

16:00-16:15

Tennis specific warm-up

16:15-17:00

Tactical - specific trolley drills to develop consistency

17:00-17:45

Tactical - consistency during live ball drills

17:45-18:00

Tactical - open points based around consistency

18:00-19:00

Physical - agility and speed

Performance academy programme

TUESDAY

11:00-11:30	Tennis specific warm up
11:30-12:15	Forehand - specific trolley drills
12:15-12:45	Forehand - technical work during live ball situations
12:45-13:00	Forehand - tactical work using the forehand on the return of serve
13:00-14:00	Points & matchplay
16:00-16:15	Tennis specific warm up
16:15-17:00	Tactical - change of direction
17:00-17:45	Tactical - shot selection
17:45-18:00	Tactical - open points based around 1st serve
18:00-19:00	Physical - core strength

WEDNESDAY

11:00-11:30	Tennis specific warm up
11:30-12:15	Backhand - specific trolley drills
12:15-12:45	Backhand - technical work during live ball situations
12:45-13:00	Backhand - tactical work using the backhand on the return of serve
13:00-14:00	Points & matchplay
16:00-16:15	Tennis specific warm up
16:15-17:00	Mental toughness - unique drilling rotation
17:00-18:00	Mental toughness during point situations
18:00-19:00	Physical - interval training

Performance academy programme

THURSDAY

11:00-11:30	Tennis specific warm up
11:30-12:15	Net Play - specific trolley drills
12:15-12:45	Net Play - technical work during live ball situations
12:45-13:00	Tactical - doubles play
13:00-14:00	Points & matchplay
16:00-16:15	Tennis specific warm up
16:15-17:00	Tactical - transition moving forward, using the net effectively
17:00-18:00	Tactical - effective clay court tennis
18:00-19:00	Physical - speed

FRIDAY

11:00-11:30	Tennis specific warm up
11:30-12:15	Serve - specific technical work
12:15-12:45	Return - specific technical work
12:45-13:00	Tactical - points based around the serve and return
13:00-14:00	Points & matchplay
16:00-16:15	Tennis specific warm up
16:15-17:00	Physical - our famous trolley drills
17:00-18:00	Tournament - Davis Cup format
18:00-19:00	Physical - movement & coordination

The week concludes with a final review and presentation



Junior academy

The La Manga Club Junior Academy is offered to young people in two categories:

- Under 19s – split into three age groups
- Under 9s – split into three age groups

Focusing on both fun and competition, our coaches deliver a structured programme at the appropriate level for each group.

The Junior Academy runs from Monday to Friday all year* and includes daily demonstrations to give an insight into the game.

*For academies to run, a minimum of 3 people is required.

TENNIS AT LA MANGA CLUB

U19, U15 & U12

Monday to Friday, 2 hours per day

Offering group coaching for abilities within each age group, we cover all major aspects of the game in a fun, yet competitive way.

Our programme includes:

Monday: Footwork; **Tuesday:** Forehands and serve; **Wednesday:** Backhands, serve and return; **Thursday:** Net play and points; **Friday:** Review and fun tournament

TENNIS CENTRE RATES 2015

AGE GROUP	TIME	OWNER	RESIDENT
12&U	11:00 - 13:00	€250	€275
15&U	11:00 - 13:00	€250	€275
19&U	11:00 - 13:00	€250	€275

WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

TIME	OWNER	RESIDENT
11:00 - 13:00	€190	€210
11:00 - 13:00	€190	€210
11:00 - 13:00	€190	€210

Please note: Times may vary, these are just a guide. Please confirm at the tennis centre reception. Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.

Ugs

Monday to Friday, 1 or 2 hours per day

Following the official ITF guidelines, we offer Tennis 10s: slower balls, smaller courts and an easier game for our younger players. Helping players to develop their most efficient technique and to implement more advanced tactics than using the yellow ball on the full court, our coaches ensure a fantastic, fun experience for all:



6 & under:

red balls played on a smaller court



8 & under:

orange balls played on a slightly smaller court
50% slower than yellow



9 & under:

green balls played on a full size court
25% slower than yellow

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.

TENNIS CENTRE RATES 2015

AGE GROUP	TIME	OWNER	RESIDENT
6&U Red ball	15:00 - 16:00 Jul & Aug 18:00 - 19:00	€145	€160
8&U Orange ball	09:00 - 11:00	€240	€265
9&U Green ball	09:00 - 11:00	€240	€265

WINTER SPECIAL RATES 2015

01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

AGE GROUP	TIME	OWNER	RESIDENT
6&U Red ball	15:00 - 16:00	€110	€120
8&U Orange ball	09:00 - 11:00	€180	€200
9&U Green ball	09:00 - 11:00	€180	€200

Academy benefits

To help you reach your full potential during your time at La Manga Club, every player that attends the Adult/Junior Academies will be entitled to the following special benefits:

- Welcome and farewell drinks
- Sunday welcome day
- Use of Tennis Centre gym (over 16s only)
- Daily stroke demonstration
- 10% discount at the pro shop (to be used at point of purchase)
- Special reduced rates on court hire and additional coaching

SPECIAL REDUCED TENNIS CENTRE RATES 2015

COURSE	OWNER	RESIDENT
Private lessons	€45	€50
Tournaments	€18	€18
Weekend warriors	€215	€235

SPECIAL REDUCED WINTER SPECIAL RATES 2015

01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

COURSE	OWNER	RESIDENT
Private lessons	€35	€40
Tournaments	€10	€10
Tennis court hire	€12	€14

Please note: Weekend Warriors will not take place during July and August. Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.

Court & facility rates

COURT HIRE	TENNIS CENTRE RATES 2015		WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015	
	OWNER	RESIDENT	OWNER	RESIDENT
Tennis court (per hour)	€23	€28	€18	€21
Paddle court (per hour)	€22	€25	€18	€20
Squash court (30 mins)	€14	€18	€10	€13
Bowling (per person / per game)	€17	€20	€12	€15
Gym	€13	€16	€10	€12
Lights per hour	€5	€5	€5	€5

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village. Services and facilities cannot be booked in advance by non-residents.

TENNIS AT LA MANGA CLUB

	TENNIS CENTRE RATES 2015		WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015	
WEEKLY TICKETS	OWNER	RESIDENT	OWNER	RESIDENT
Tennis - 2 hours per day - 1 court	-	-	€215	€245
Gym	€75	€85	€55	€65
EQUIPMENT HIRE	OWNER	RESIDENT	OWNER	RESIDENT
Tennis racket for 1 hour	€5	€6	€3	€4
Junior tennis racket for 1 hour	€4	€5	€2	€3
Squash racket for 1/2 hour	€4	€5	€2	€3
Paddle racket for 1 hour	€4	€5	€2	€3

Resident rates apply to guests staying at the Hotel La Manga Club Príncipe Felipe and Las Lomas Village. A deposit is required on all rental equipment.

Court & facility rates

	TENNIS CENTRE RATES 2015		WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015	
RACKET RESTRINGING	OWNER	RESIDENT	OWNER	RESIDENT
Standard string	€30	€35	€25	€28
Premium string	€40	€45	€35	€38
Restring with strings provided	€20	€25	€15	€18
Regrips	FREE	FREE	FREE	FREE
OTHER	OWNER	RESIDENT	OWNER	RESIDENT
Crazy golf - child	€6	€7	€4	€5
Crazy golf - adult	€9	€10	€7	€8

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.

TENNIS AT LA MANGA CLUB

	TENNIS CENTRE RATES 2015		WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015	
INDIVIDUAL COACHING (45 MINS)	OWNER	RESIDENT	OWNER	RESIDENT
Without academy - max 2 people	€50	€55	€40	€45
With academy - max 2 people	€45	€50	€35	€40

Tennis Training Camps

For private clubs and groups, special bespoke packages can be arranged. Please contact the Tennis Centre reception for more details.

Resident rates apply to guests staying at the Hotel La Manga Club Príncipe Felipe and Las Lomas Village. These services and facilities cannot be booked in advance by non-residents.

Adult events

Whether you join an Academy and are looking for extra practice, or would simply like to join in activities during your time at La Manga Club, there are plenty of opportunities at the Tennis Centre:

DAY	TIME	DETAILS	PRICE
Sunday	17:00 - 17:30	Welcome day - introduction to the week	FREE
Monday	16:00-18:00 17:00-17:45	Club afternoon Cardio tennis	€22 €15
Tuesday	16:00 - 18:00 16:00 - 19:00 17:00 - 17:45	Paddle club afternoon Ladies' doubles tournament Cardio tennis	€20 €24 €15
Wednesday	16:00 - 19:00 17:00 - 17:45	Mixed doubles tournament Cardio tennis	€24 €15
Thursday	16:00 - 19:00 17:00 - 17:45	Men's doubles tournament Cardio tennis	€24 €15
Friday	16:00 - 18:00 17:00 - 17:45 19:00 - 20:00 20:00 - late	Club afternoon Cardio tennis Exhibition match BBQ pool party (July & August)	€22 €20 FREE Price TBC

Please note: times are subject to change so always check with the Tennis Centre reception.

Junior events

DAY	TIME	DETAILS	PRICE
Sunday	17:00 - 17:30	Welcome day - introduction to the week	FREE
Monday	16:15 - 17:00	Junior cardio tennis	€15
Tuesday	16:15 - 17:00	Junior cardio tennis	€15
Wednesday	16:15 - 17:00	Junior cardio tennis	€15
Thursday	16:15 - 17:00	Junior cardio tennis	€15
Friday	16:00 - 18:00 16:00 - 18:00 16:15 - 17:00 19:00 - 20:00 20:00 - late	U6 - Fun games U9 - Fun friday tournament Junior cardio tennis Exhibition match BBQ pool party (July & August)	€12 €15 €15 FREE Price TBC

The full programme detailed is during peak times. At certain times of the year, not all events will be running. For all events please confirm your place early with the Tennis Centre reception to avoid disappointment.



TENNIS

[LAMANGACLUB.COM/TENNIS](https://lamangacub.com/tennis)



LA MANGA CLUB
sport & leisure

For information and reservations for all academies and events,
please contact La Manga Club Tennis Centre
T: +34 968 17 5000 (Ext. 1666) or E: tennis@lamangaclub.com

