



CLUB DE TENNIS
ANDRES
GIMENO



SUMMER CAMPS POLYSPORTS

Baby Junior

CAMPUS BROCHURE

CALENDAR

JUNE / JULY	
WEEK 1	29 June to 3 July
WEEK 2	6 July to 10 July
WEEK 3	13 July to 17 July
WEEK 4	20 July to 24 July
WEEK 5	27 July to 31 July



DATE

FROM 29 JUNE
TO 31 JULY



SCHEDULE

DROP-OFF SERVICE FROM 8.30 AM TO 9.30 AM
MORNING SESSION FROM 9.30 AM TO 3.00 PM
LUNCH SESSION FROM 9.30 AM TO 3.00 PM
FULL-DAY SESSION FROM 9.30 AM TO 5.30 PM



TECHNICAL AND ADMINISTRATIVE STAFF

DIRECTOR: JOAQUIM GARCÍA direccion@tenisgimeno.com

ADMINISTRATION: NURIA SANDALINAS. administracion@tenisgimeno.com

CUSTOMER SERVICE: ANNA SOTOCA. clientes@tenisgimeno.com

CAMPUS MANAGEMENT: SERGI VALLDAURA. campus@tenisgimeno.com

PRE-BABY AND BABY COORDINATOR: TELMA GALLEGO

JUNIOR COORDINATOR: VICTOR PRADO

SUMMER CAMP

POLYSPORTS

1. Activities will begin at 9.30 am. Students attending the campus may arrive from 8.30 am. The morning session ends at 2.00 pm, the half-day session at 3.00 pm and the full-day session at 5.30 pm. Lunch will be served from 2.00 pm to 3.00 pm. Breakfast will be at 10.45 am (children must bring their own from home). Afternoon tea will be at 5.00 pm (provided by the club).

2. The meeting point is at the "Prana Holistic" centre, located opposite the Hotel Canal Olímpic. The tour will depart from the same location. Please ensure you arrive on time.

3. Any administrative issues will be dealt with at the club reception from Monday to Friday (9.00 am to 3.00 pm). Ms Nuria Sandalinas

4. You must pay the full course fee before the course begins.

5. Los participantes del campus no podrán acceder al club (Vestíbulo-recepción, vestuarios...) si no están acompañados por un monitor, y no podrán acceder al gimnasio ni a la sauna.

6. Lunch will be served from 2.00 pm to 3.00 pm. Lunch is included in the price of the camp. A single-day meal ticket, for occasional use, costs €13. Requests for daily meals will not be accepted after 11.00 am on the day in question.

7. On the first day, a meeting point will be allocated for each group. Each group will start the day with a different activity and will then move on to the scheduled rotations as set out.

The PRE-Baby groups will be for 2–3-year-olds, Baby for 4–5-year-olds and Super Baby for 6-year-olds. The Junior groups will be for 7–8-year-olds (younger), 9–10-year-olds (middle) and 11–13-year-olds (older).

8. On the first day of the trip, each pupil will be given a T-shirt and, on the second day, a cap or rucksack, which must be worn on all outings for identification purposes.

9. Pupils must bring a change of clothes, a cap, sun cream, a tennis racket, swimming trunks, a towel and pool flip-flops every day.

10. Those attending the sports centre in the mornings only should bring their racket on days when there is no outing, i.e. Mondays, Wednesdays and Fridays.

11. It is important to label all equipment and personal belongings; this will make it easier for us to find them if they go missing. We also remind you that it is not necessary to bring money or electronic devices such as mobile phones or similar gadgets, as these are not required at this type of camp; therefore, the camp management will not be liable for the cost of any loss or theft of such items.

12. Students who do not hold a Padel or Tennis Federation Licence will be required to pay €10 for compulsory accident insurance, in accordance with Decree 137/2003 on the Regulation of Leisure Activities. The insurance is provided by FIATC through the Costa Serra brokerage.

13. On Friday 17 July, 'la nit d'estels' will take place; this activity is not included in the weekly price.

2-6
YEARS

PRE-BABY 2-3 YEARS
BABY 4-5 YEARS
SUPER BABY 6 YEARS

7-13
YEARS

SMALL 7-8 YEARS
MEDIUM 9-10 YEARS
BIG 11-13 YEARS

EXCURSIONS	TUESDAY	THURSDAY
WEEK 1	JUNGLAPARK	BEACH
WEEK 2	MOUNTAIN	CINEMA
WEEK 3	GO-KARTING	BEACH
WEEK 4	SAKAPARA	MOUNTAINS
WEEK 5	COSTA JUMP	BEACH

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SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30	PICK-UP SERVICE (free of charge)				
9:30 - 9:45	GOOD MORNING - groups - listings				
9:45 - 10:45	GAMES	EXCURSIONS	GAMES	EXCURSIONS	GAMES
10:45 - 11:15	BREAKFAST		BREAKFAST		BREAKFAST
11:15 - 11:45	WORKSHOPS		WORKSHOPS		WORKSHOPS
11:45 - 12:00	MINITENNIS		MINITENNIS		MINITENNIS
12:00 - 12:45	SWIMMING		SWIMMING		SWIMMING
12:45 - 13:00	MORNING SESSION BREAK				
13:00 - 13:30	LUNCH				
13:30 - 15:00	AFTERNOON SESSION BREAK				
15:00 - 15:45	BREAK OR NAP				
15:45 - 16:45	GAMES	WORKSHOPS	GAMES	WORKSHOPS	GAMES
16:45 - 17:15	SUPERVISED BATH TIME				
17:15 - 17:25	SNACK				
17:30	DROP-OFF FOR FULL-DAY SESSION				

Baby

Junior

SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30	RECEPTION SERVICE (free)				
9:30 - 9:45	GOOD MORNING - groups - listings				
9:45 - 10:45	SWIMMING	EXCURSIONS	SWIMMING	EXCURSIONS	NATACION
10:45 - 11:15	BREAKFAST		BREAKFAST		DESAYUNO
11:15 - 12:15	TENNIS		TENNIS		TENNIS
12:15 - 13:15	SPORTS OR DANCE		SPORTS OR DANCE		SPORTS OR DANCE
13:15 - 13:45	PADEL		PADEL		PADEL
14:00	MORNING SESSION				
14:00 - 15:00	LUNCH				
15:00	MORNING SESSION WITH LUNCH				
15:00 - 15:30	FREE TIME				
15:30 - 16:45	ARCHERY	MINI GOLF	HOCKEY	BADMINTON	PADEL
16:45 - 17:15	SUPERVISED BATH TIME				
17:15 - 17:25	SNACK				
17:30	DROP-OFF FOR FULL-DAY SESSION				

MENU

M^o CARMEN ÁVILA

Dietitian and Nutritionist | Collegiate NUM. CAT001011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-3 JULIO	Three-delight rice (corn, carrot and omelette) Baked hake with garlic and parsley Mixed salad Fruit	Lentils stewed with vegetables Eggs with béchamel sauce and mixed salad Fruit	Peas with botifarra sausage, potatoes Mixed black pudding, baked Fruit	Spaghetti with pesto Grilled chicken with lettuce, tomato and olives Fruit	Country-style salad: "potato, tomato, pepper, onion and tuna" Squid rings with a light sauce Plain yoghurt
6-10 JULIO	Chickpea stew Tuna with onions and mixed salad Fruit	Gazpacho Beef meatballs with mixed vegetables Fruit	Macaroni carbonara Battered hake bites with lettuce, tomato and cucumber Fruit	Rice with vegetables Chicken with mushrooms, lettuce, carrots and sweetcorn Fruit	Vichyssoise "warm leek soup" Cheese omelette with "lettuce, carrot and olives" Ice cream
13-17 JULIO	Sautéed white beans with garlic and parsley Cod fritters with lettuce, tomato and sweetcorn Fruit	Spaghetti Bolognese Courgette omelette Mixed salad Fruit	Paella Turkey sausages with onion and pepper fruit	Green beans, cauliflower and potatoes Oven-baked chicken drumsticks with lemon sauce Fruit	Country-style salad Baked salmon with vegetables strawberry yoghurt
20-24 JULIO	Peas and potatoes Roasted turkey bites Fruit	Pasta salad Hake burger with lettuce, cucumber and fruit	Fideua Grilled chicken with vegetable sauce mixed salad fruit	Leek and apple soup Tinned cod Fruit	White bean salad Omelette with sweet ham "Lettuce, carrot and olives" Ice cream
27-31 JULIO	Macaroni Bolognese with chopped vegetables "Heura" Vegetable nuggets and mixed salad Fruit	German salad Squid rings with a little sauce Fruit	Cream of courgette soup Margherita pizza "lettuce, mixed salad leaves, tomato and olives" fruit	Three-treasure rice Assorted sausages with roasted onions Fruit	Ham croquettes Chicken nuggets, chips, ketchup, soft drink Ice cream

Wholemeal bread every day of the week.

Allergies and intolerances

Egg allergy: the omelette will be replaced with a cornflour, milk and potato omelette or a chickpea flour omelette.

Lactose intolerance: this same menu will be adapted to be lactose-free.

Coeliac disease: this same menu will be adapted to be gluten-free.

Fish allergy: this will be replaced with chicken.

Seafood allergy: this same menu will be adapted to be seafood-free.

Legume allergy: this will be replaced with potatoes.

Cow's milk protein allergy: this same menu will be adapted to be free from cow's milk protein.

Pork-free menus: this will be replaced with chicken.

The oils used for cooking are high-oleic sunflower oil and virgin olive oil.

In the meat-free menu programme, the starters will be adapted and the main courses will have the meat replaced with egg or white or oily fish.

Our suppliers are certified for Halal meat.

Sauces and Sautéed Vegetables

Country-style salad: potatoes, green olives, tomato, tuna, olive oil, vinegar and salt.

Mixed salad: lettuce, tomato, sweetcorn, julienned carrot, olives and olive oil.

Vegetable sofrito: red pepper, tomato, onion, salt and olive oil.

Tomato sauce: tomato, onion, carrot, garlic, salt and olive oil.

Carbonara sauce: salt, olive oil, milk, mushrooms, bacon and flour.

Bolognese sauce: tomato, beef, onion, oil, salt and provençal herbs.

Pesto sauce: basil, salt, oregano, white pepper, extra virgin olive oil and potato.

Green sauce: fish stock, onion, garlic, sunflower oil, peas, parsley and salt.

Meat sauce: vegetable stock (onion, leek, carrot, tomato), water, cornflour and salt.

Mushroom sauce: sunflower oil, salt, black pepper, onion, milk, flour, button mushrooms, wild mushrooms and porcini mushrooms.

Vegetable sauce: green beans, carrot, potato, peas, sunflower oil, water, tomato, spices and salt.

Mediterranean sauce: tomato, red pepper, onion and olive oil.