



***TENNIS &  
PADEL CLUB***

2023-2024

## Welcome to a new season at IQL!

In this dossier we present you the most important information for the next 2023-2024 course. Here you can find our main news and programs for the ninth season of our club. We hope that this document will serve you as a guide to consult whenever you want during the year.

We start from September 1st with renewed energy and a lot of illusion to continue sharing wonderful moments of sport and coexistence with you.

See you soon! Thank you for being part of the IQL family.

A big hug from the whole team.

**WE ARE  
NOT JUST A  
TENNIS CLUB.  
WE ARE  
MUCH  
MORE.**



# NEWS /23-24

## NEW INCORPORATIONS

Two new talented and hard-working coaches have joined the IQL team new coaches with talent and great working capacity such as David Perez Sanz (former ATP player) and Francisco Camilo (former Olympic athlete).



## ITF WORLD TENNIS MASTERS TOUR MT100

For the first time we organize an ITF Masters tournament for all those players who want to live a new experience of competition in an amateur environment.

(from 30 years old and up to 80 years old).

FACT SHEET > <https://shorturl.at/hlqSY>



## IQL APP – NEW

A great tool that offers numerous options to connect more and better with the club. Let's discover it together?





## TENNIS PARADISE

We are located in the Paradise of the Sierra Helada Natural Park. Our facilities include 6 hard courts, 4 clay courts, 2 paddle courts, mini tennis courts, a new gym, a cafeteria and an indoor swimming pool.



## HAPPY STAFF

Professional coaches of different nationalities and work experience. Our mission is to help as many people as possible to meet their training needs by promoting our passion for sport.



## SOCIAL ATMOSPHERE

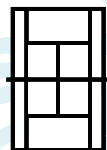
IQL is a 100% international club. We welcome people from more than 18 countries. We organize many different social activities and competitions for all ages and levels.

**TENNIS AND PADEL SOCIAL | TENNIS AND PADEL SCHOOL |  
TENNIS FREAKS | BIRTHDAYS AND EVENTS | TENNIS AND  
PADEL SOCIAL | TENNIS FREAKS | BIRTHDAY PARTIES AND  
EVENTS | ADULT GROUPS | IQL GYM | PRIVATE LESSONS |  
TOURNAMENTS | COMPETITION SCHOOL | SWIMMING SCHOOL  
| PRO STORE | COURT RESERVATIONS WITH IQL APP**

# DOWNLOAD THE NEW IQL APP AND DISCOVER A NEW WAY TO CONNECT WITH YOUR CLUB

IQL Sports launches its new mobile app offering a new way to connect with the club.

Download the app for free and enjoy all the services and advantages when, where and how you want.



**COURT  
RENTAL**



**DIGITAL  
WALLET**



**CREATE YOUR  
MATCHES**



**PLAN YOUR  
AGENDA**



**iqlsports.com**





# TENNIS

## BASE SCHOOL

It is one of the backbones of our club, made up of children club formed by children and young people from 4 to 18 years old. We offer classes organized and adapted in groups by age and level. We adapt the materials materials according to the needs of each group.

## TENNIS FREAKS

Our group of tennis "fanatics". We offer a very innovative and committed program for children from 7 to 10 years old who want to get started in the competition.

## TEEN CLUB

Our program specially designed for teenagers from 12 years old who are passionate about tennis and want to complement their free time by playing sports.

## ADULT SCHOOL

Every year there are more of you! Another of the programs that has grown the most is the one we

offer for adults of any age and level. We organize social and competitive tournaments as well as social events and other activities to live and share the sport we love so much.

## COMPETITION SCHOOL

The academy offers different programs to meet the needs of satisfy the needs of the most competitive players [from U12 to U16 mainly]. Participation in national and international tournaments throughout the year. In addition, we launched the new "Pro Tennis Competition Program, a project aimed at boosting the career of professional players by putting all our expertise and resources at their service.

## PRIVATE LESSONS

Our demand has increased a lot in the last few years. We offer a wide availability of private classes for all those who find it difficult to reconcile the schedule or are looking for a personalized training.



# PADEL

## PADEL SCHOOL

This season we would like to keep up the pace we achieved last year, where we surpassed our last year where we exceeded our expectations in the padel school for adults and even paddle school for adults and even with new groups of children and youngsters. In addition learn how to play paddle in a group, you can also enjoy social matches, events and social games, events and nice people of different nationalities.

## PRIVATE LESSONS

For all those who find it difficult to reconcile the schedule or are looking for a fully customized training for them. We are available every day of the week from 9:00 am to 9:00 pm.

# IQL GYM

IQL's gym is an ideal space to disconnect a little bit from everything and reconnect everything and reconnect with yourself. Moreover, we always recommend it as a complementary complementary activity before and/or after tennis and paddle tennis lessons and trainings and even as an alternative for those members of the family who do not give to the paddle or the racket. We offer personal training in groups or individually with our fitness team. of our physical preparation team.



# TRAVEL TEAM



## VACACIONES DEPORTIVAS: TENIS Y PÁDEL

The IQL Sports Travel Team program is a sports tourism initiative that combines training, competition and the best experience of an unforgettable trip with other people who share the same passion.

**What better plan than discovering other places while practicing your favorite sport?**

Be part of our traveling team and join IQL Travel Team in our next trip.



**ROTTERDAM**  
JUNE 22



**FLORENCE**  
NOVEMBER 22



**VALENCIA**  
JANUARY 23



**MUTUA MADRID**  
MAY 23



**BASEL**  
JUNE 23



# SWIMMING

## KIDS SWIMMING SCHOOL

Learning to swim should be a priority for every family. It is an important skill that can play an essential role in helping children prevent drowning. Swimming is an excellent cardiovascular exercise for our children's lungs and heart, improving strength and flexibility, increasing endurance levels and even improving balance and posture. It also prevents childhood obesity which has been linked to juvenile diabetes and corrects or alleviates pain that can result from certain curvatures of the spine, or even improves the symptoms of some diseases.

## MATRO-SWIMMING AND AQUATIC STIMULATION

Our teaching method applies psycho-motor skills in the aquatic environment, offering babies an environment full of possibilities that allow them to explore, experiment and play freely in the water with their parents. It is based on respect and individuality. Due to the characteristics of our facilities (SALT WATER POOL AND TEMPERATURE OF 32 DEGREES)

# SINZENT

BASE SCHOOL	MONTHLY	TRIMESTER	DISCOUNT FROM 5 H/WEEK X FAMILY
1 HOUR / WEEK	40 €	110 €	10 %
2 HOUR / WEEK	70 €	180 €	10 %
3 HOUR / WEEK	95 €	250 €	10 %

TENNIS FREAKS	MONTHLY	TRIMESTRE
3 DAYS / WEEK - 1.5H DAY	180 €	450 €

ADULT SCHOOL	MONTHLY	TRIMESTER	DISCOUNT FROM 5 H/WEEK X FAMILY
1 HOUR / WEEK	40 €	110 €	10 %
2 HOUR / WEEK	70 €	180 €	10 %
3 HOUR / WEEK	95 €	250 €	10 %

\* The trimester payment for Adult School includes the Gym fee

COMPETITION 3H/DAY	PRICE	PRIVATE LESSONS	TENNIS	LESSON X 2	PADEL
4 DAYS / WEEK	400 €	1 LESSON	33 €	38 €	33 €
5 DAYS / WEEK	450 €	BONO 10	275 €	325 €	275 €

TENNIS COURT RENT	STANDARD	WITH LIGHT	BASE SCHOOL CHILDREN	IQL PLAY
1 HOUR CLAY	12 €	14 €	0	8 €
1 HOUR HARD	10 €	12 €	0	7 €

# PADEL

SCHOOL	MONTHLY	TRIMESTER	DISCOUNT FROM 5 H/WEEK X FAMILY
1 HOUR / WEEK	40 €	110 €	10 %
2 HOUR / WEEK	70 €	180 €	10 %

\* The trimester payment for Adult School includes the Gym fee

PADEL COURTS RENT	STANDARD	IQL PLAY
1 HOUR	12 €	10 €
1.5 HOUR	16 €	12 €

# GYM

IQL GYM	EXTERNAL	IQL PLAY
DAILY PRICE	5 €	4 €
MONTHLY PRICE	35 €	25 €
ANNUAL PRICE	200 €	
PERSONAL TRAINING	30 € /HOUR	BONO 10: 250 €

# SWIMMING

SWIMMING SCHOOL	1 DAY / WEEK TRIMESTER	1 DAY / WEEK ANUAL	2 DAY / WEEK TRIMESTER	2 DAY / WEEK ANUAL
KIDS SWIMMING	132 €	361 €	233 €	627 €
AQUAFITNESS	30€ / MONTH		50€ / MONTH	
MATERNITY SWIM	134 €	363 €	235 €	629 €
CHILDBIRTH PREPARATION			90€ / MONTH	

\* Prices may vary depending on the number of attendees due to COVID-19 restrictions.

\* 10% discount second sibling

# CALENDAR 2023-2024

	EVENTS	TOURNAMENTS	CAMPUS -STAGES	RECOVERIES	PUBLIC HOLIDAYS
SEPTEMBER	2: OPEN DAY 10: BYE BYE SUMMER			30	
OCTOBER	28: HALLOWEEN	6-8: TENNIS FREAKS CUP 21-22: UTR		28	9, 12
NOVEMBER		4-5: SENIOR CUP 27: ITF MASTER TOUR	STAGE ADULTOS	25	1
DECEMBER	16: GALA AND DINNER	MASTER UTR	CAMPUS Y STAGE	30	6, 8, 25
JANUARY				27	1, 6
FEBRUARY	10: CARNAVAL			24	
MARCH	15: ANNIVERSARY	UTR	CAMPUS Y STAGE	30	28, 29
APRIL	TRAVEL TO GODÓ			27	
MAY		OPEN MARINA BAIXA		25	1
JUNE	22: WELCOME SUMMER PARTY		CAMPUS Y STAGE	29	
JULY			CAMPUS Y STAGE		
AUGUST		TENNIS EUROPE	CAMPUS Y STAGE		15

# SPONSORS





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