

Sports Membership Card
3€ for 5 years

<b>SPORTS SERVICE PASSES</b>
· LAP SWIMMING PASS: 20 sessions-30€, 10 sessions-20€
· LAP SWIMMING PASS + RUNNING TRACK: lap swimming at 07, 15 and 22h. from Monday to Friday + Saturday afternoons for 25€/year or 10€/year (depending on situation) in addition to the use of the running track.
· AERODANCE + LAP SWIMMING*: 25€/month
· PILATES + LAP SWIMMING*: 25€/month
· AEROSTEP + LAP SWIMMING*: 25€/month
· PADDLE/TENNIS COURT RENTAL PASS: 6 hours, 25€
· SPORTS COURT RENTAL PASS: 5 hours, 25€
· 2x1 PARENTS - CHILDREN: the LAP SWIMMING + RUNNING TRACK pass allows you to swim freely while your child does water activities, as well as to go to the swimming pools together on Saturday afternoons.
<small>*depending on availability in swimming lanes.</small>

CURRENT PRICES		
Activity	Classes/ week	Price
Water activities: swimming, aquafitness...	1	10€/month
	2	17€/month
	3	22€/month
Swimming (pensioners)	2 or 3	9€ or 12€/month
Swimming (seniors)	2 or 3	2€ or 3€/month
Back school (swimming)	2	22€/month
	3	30€/month
Group activities: aerodance, pilates...	3	15€/month
	2	15€/month
Exercise for seniors	2 o 3	3€/month
Weight room	5	10€/month
Paddle tennis	2	20€/month
Tennis	2	20€/month
Badminton	2	20€/month
Local sports games	3	35€/year
Local tournament	15€/player	
Hiking	10€/person and route	



## Local Sports Programme

### Winter season 16/17



#### Information of interest:

- There is a web address available for you to manage your sports reservations and payments:  
[reservasdeportivas.velezmalaga.es](http://reservasdeportivas.velezmalaga.es)

- Contact Área de Deportes:

663.999.573 [deportes@velezmalaga.es](mailto:deportes@velezmalaga.es)

- Current prices correspond to the *Tax ordinance* published in the *Official Bulletin of the Province* on February 18<sup>th</sup>, 2016.

- Learn about the validity of your payments and course renewals at any of our customer service points.

- The information displayed in this document may be subject to change.

- + INFO: [deportes.velezmalaga.es](http://deportes.velezmalaga.es)



VÉLEZ-MÁLAGA INDOOR POOL	
Activity	Schedule
Splashing (3-4 years old)	Mon., Wed. and Fri. at 16 and 17h. Mon. and Wed. at 15.45h and 18h. Tue. and Thu. at 15.45, 16 and 18h. Fridays at 15.45h.
Swimming (children)	Mon., Wed. and Fri. at 16, 17, 18 and 19h. Tue. and Thu. at 16, 17, 18 and 19h. Fri. at 16, 17, 18 and 19h.
Swimming (adults)	M/W/F 08, 09, 10, 11, 12, 13, 14, 20 and 21h. Tu/Th 08, 09, 10, 11, 12, 13, 14, 20, 21, 22h. Fridays at 20 and 21h.
Swimming (pensioners)	M/W/F 08, 09, 10, 11, 12, 13 and 14h. Tu/Th 08, 09, 10, 11, 12, 13 and 14h.
Back school (adults)	M/W/F 09, 10, 11, 16, 19, 19:30 and 20h. Tue. and Thu. at 09, 09:30, 10, 10:30, 11, 16, 17, 17:30, 18 and 19h.
Back school (children)	Mon., Wed. and Fri. at 16:30 and 18:30h. Tue. and Thu. at 16:30 and 18:30h.
Swimming for pregnant women	Mon., Wed. and Fri. at 12h. Tuesdays and Thursdays at 12 and 21h.
AquaGym	Mon., Wed. and Fri. at 12h. Tuesdays and Thursdays at 20h.
AquaCross	Tuesdays and Thursdays at 21h.
AquaTherapy	Tuesdays and Thursdays at 09h.
Lap swimming (1 hour)	Mon. to Fri. from 07 to 22:45h. Sat. from 10 to 14h and 16 to 21h.
AeroStep	Mon., Wed. and Fri. at 20h.
Exercise for seniors	Tue. and Thu. at 09, 10 and 11h. Wed. and Fri. at 10:00 and 11:00h.
Pilates	Mon. and Wed. at 11:30h and 12:30h. Tuesdays and Thursdays at 20h.
Aerodance	Mondays and Wednesdays at 17h. Tuesdays and Thursdays at 18h.
Aerodance (children)	Tuesdays and Thursdays at 17h.
Functional training	Mon., Wed. and Fri. at 19h.
Tennis (kids)	Mon. and Wed. at 16 and 17h. Tuesdays and Thursdays at 18h.
Paddle tennis (kids)	Mon. and Wed. at 16, 17 and 18h. Tue. and Thu. at 16, 17 at 18h.
Paddle tennis (adults)	Mon. and Wed. at 19, 20, 21 and 22h. Tue. and Thu. at 19, 20, 21 and 22h.

[deportes.velezmalaga.es](http://deportes.velezmalaga.es)  
[reservasdeportivas.velezmalaga.es](http://reservasdeportivas.velezmalaga.es)

FERNANDO RUIZ HIERRO SPORTS CENTRE	
Activity	Schedule
Badminton	Tuesdays and Thursdays at 20h.

TORRE DEL MAR INDOOR POOL	
Activity	Schedule
Familiarisation (1-2 years old)	Saturdays at 10, 11, 12 and 13h.
Splashing (3-4 years old)	Mon., Wed. and Fri. at 16, 17 and 18h. Tue. and Thu. at 16, 17, 18 and 19h.
Swimming (children)	Mon., Wed. and Fri. 16, 17, 18 and 19h. Tue. and Thu. at 16, 17, 18 and 19h.
Basic swimming (adults)	M/W/F 08, 09, 10, 11, 12, 13, 19, 20, 21h. Tu/Th 08, 09, 10, 11, 12, 13 and 20h.
Advanced swimming (adults)	M/W/F 08, 09, 10, 11, 12, 13, 20, 21h. Tu/Th 08, 09, 10, 11, 12, 13, 20, 21h.
Swimming (pensioners)	M/W/F 08, 09, 10, 11, 12 and 13h. Tue and Thu. 08, 09, 10, 11, 12 and 13h.
Back school (adults)	Mon., Wed. and Fri. 09, 10, 17 and 18h. Tue. and Thu. At 09, 10, 17 and 18h.
Back school (children)	Mon., Wed. and Fri. at 16h. Tuesdays and Thursdays at 16h.
AquaFitness	Mon., Wed. and Fri. at 11 and 20h. Tue. and Thu. at 11, 12, 20 and 21h.
Lap swimming (1 hour)	Mon. to Fri. from 07 to 22:45h. Sat. from 10 to 14 and 16 to 21h.
Waterpolo (children)	Saturdays at 18:30h during November, January, February and March. Free activity.

MAESTRO S. SÁNCHEZ SPORTS CENTRE	
Activity	Schedule
Body toning	M/W/F at 09, 17, 18, 19 and 20:30h.
Exercise for seniors	Tuesdays and Thursdays at 09, 10 and 11h.
Pilates	Tue. and Thu. at 10:30, 17 and 18h.
Fitness room	Mon. to Fri. 08 to 14:45 and 16 to 22:45h.

TENNIS COURTS ON THE SEAFRONT	
Activity	Schedule
Paddle tennis (children)	Mon. and Wed. at 16, 17 and 18h. Tuesdays and Thursdays at 16 and 17h.
Paddle tennis (adults)	Mon. and Wed. at 09, 10, 11, 19 and 21h. Tue. and Thu. at 09, 10, 11 and 21h.
Tennis (children)	Tuesdays and Thursdays at 18h.
Tennis (adults)	Mondays and Wednesdays at 20h. Tuesdays and Thursdays at 09, 10 and 19h.

ACTIVITIES IN OTHER FACILITIES		
Activity	Schedule	Facility
Paddle tennis (children)	M/W 16, 17 and 18h Tu/Th 16, 17 and 18h	Vivar Téllez
Paddle tennis (adults)	Tue. and Thu. 19h	Vivar Téllez
Paddle tennis (adults)	M/W 09, 10 and 11h Tu/Th 09, 10 and 11h	Mª Zambrano Park
Paddle tennis (adults)	Mon. and Wed. 18 and 19h	Almayate
Paddle tennis (children)	Mon. and Wed. 18h	Benajarafe Sports Complex
Paddle tennis (adults)	Tue. and Thu. 18h	Benajarafe Sports Complex
Paddle tennis (adults)	Mon. and Wed. 19h	Benajarafe Sports Complex
Paddle tennis (adults)	Tue. and Thu. 19 and 20h	Caleta de Vélez Sports Complex
Exercise for seniors	Tue and Thu. 09, 10 and 11h	"Capuchinos" Day Centre
Body toning	Mon., Wed. and Fri. 10h	Caleta Local Authority
Exercise for seniors	Mon., Wed. and Fri. 11h	Caleta Local Authority
Body toning	Mon., Wed. and Fri. 19.30h	Zona Norte School
Functional training	Mon., Wed. and Fri. 19:45 and 20:45h	Juan de la Cierva
Local Sports Games	2 weekly sessions at school + Fridays at the Fdo. Ruiz Hierro Sports Centre	
Volleyball school	Tue. and Thu.	Juan de la Cierva
Tournaments	Futsal, tennis, paddle tennis...	
Hiking	Check annual programme	

**deportes**  
 Tu deporte es nuestra meta