

SANI  
RESORT



*Sani Academies*

# Welcome To Sani Academies

## The experiences of a lifetime, during your stay at Sani

The Sani Academies collection provides children and adults with exquisite adventures and the opportunity to acquire new skills, all within the beautiful grounds of the resort. As a luxury destination, Sani resort has naturally ensured that each of these academies is run by leading experts in the field, supported by experienced coaches and instructors.

Within this safe environment our young guests learn and play with the best-of-the-best; acquiring the technical knowledge and physical skills taught to their idols.



## AT A GLANCE

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### **Sani Tennis Academy**

*By The Rafa Nadal Tennis Centre*

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### **Sani Football Academy**

*With Chelsea FC Foundation*

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### **Sani Sailing Academy**

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### **Sani Scuba Diving Academy**

*Certified by PADI*

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### **Sani Bike Academy**

*By KTM Bikes*

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### **Sani Water Ski Academy**

*By British Water Ski & Wakeboard (BWSW)*

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### **\*NEW IN 2020: Bear Grylls Survival Academy**

*By Bear Grylls*

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# Sani Tennis Academy

By the Rafa Nadal Tennis Centre



## Serving up skills and fun for all ages

Fans of the yellow felt ball can expect tennis in a big way at Sani as we welcome players of all ages to the Rafa Nadal Tennis Centre. Developed by the Grand Slam-winning tennis legend, this awesome addition to our portfolio of sports facilities is a rare opportunity for the whole family to hone their tennis skills and have a lot of fun doing so. Whether a beginner or pro, we'll make sure you return home fitter, healthier and an all-round better player.

With expert coaches, our Tennis Centre uses the same training methods that took Rafa all the way to the world number one spot – methods that are tried and tested by the Rafa Nadal Tennis Academy. Our programme not only focuses on the champion's technical and physical preparation, they also embrace elements of his personal values and mental training.

## Tailored programmes

Our personalised tennis programmes add a whole new element to your holiday, providing a unique chance to train, play and have a lot of fun together. Inspiring players of all ages and abilities, while polishing your serve, improving that backhand and teaching you new techniques. For those who love to battle it out on the courts, there'll also be thrilling tennis tournaments running throughout the season.

## AT A GLANCE

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**8 clay tennis courts**

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**Tennis Club House**

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**An outdoor lounge**

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**Service Periods:** April – October

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**Hours of Operation:** 08:00 – 22:00

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**Reservations:** Sani website, Mobile Application and hotel receptions, or via email on [rafanadaltenniscenter@saniresort.gr](mailto:rafanadaltenniscenter@saniresort.gr)

Tennis programmes of all levels and age groups will be available for guests, residents and area visitors at the new Rafa Nadal Tennis Centre at Sani Resort. Each tennis training programme offered at the Rafa Nadal Tennis Centre is personalized, of high-quality and conducted by top, certified by Rafa Nadal Academy coaches. These programmes have developed a straightforward training methodology that is tailored to the individual, aiming to enhancing strengths while working to improve weaknesses.

# Sani Tennis Academy

## PRIVATE LESSONS



If you are looking for a high intensity tennis experience, this is your programme. It's an individual training or small groups package with the Rafa Nadal Tennis Centre coaches who adapt each session to your needs and level of play to improve your performance and game.

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**Duration:** Daily

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**Hours of weekly training:** 1-10 hours

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**Schedule:** 07:00am – 21:00pm (one lesson: 1 hour)

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**Objective:** To maximize the strengths and minimize weaknesses of each player, while trying to improve performance in all areas of the programme: tennis and fitness training.

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**Ratio:** 1/1, 1/2

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**Programme level:** VERY HIGH Intensity

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**Rates:** 1 / 60€ 120€ 180€ 240€ 300€ 350€ 400€ 455€ 490€ 500€  
2 / 90€ 180€ 270€ 350€ 430€ 510€ 600€ 680€ 750€ 800€

# Sani Tennis Academy

## TOTAL TENNIS

- Adult Packages -



Want to share your experience with players from all over the world? At Total Tennis you can train in small group sessions and share amazing times on the court. Our Rafa Nadal Tennis Centre coaches give all players a level test before the programme begins to assign them a training group according to their ability level. Improve your tennis game and compete against other participants.

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**Duration:** 5 days

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**Hours of weekly training:** 10 hours

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**Schedule:** 07:00am – 21:00pm (one lesson: 1 hour)

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**Objective:** To improve your tennis level training with other players who have the same level of play as you. Improve your technique and compete.

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**Ratio:** 1/4

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**Programme level:** HIGH intensity

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**Rates:** 360€

# Sani Tennis Academy

## LEARN TO COMPETE

- Adult Packages -



Need to prepare your game for competition? This group tennis programme allows you to train with the Rafa Nadal Tennis Centre coaches by using a complete exercise point system where real tactical situations of competition are created. During the programme you work and improve on different aspects of the game: hitting the ball from the baseline, attack, net game, first strokes after serving and receiving. The points earned after each exercise are reviewed individually by our coaches. In this complete programme you work specifically on the technical, tactical and mental game. We focus on concentration and self-control, two important aspects in tennis. Coaches help you maintain a high intensity training, focusing always on respect and fair play.

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**Duration:** 5 days

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**Hours of weekly training:** 7.5 hours

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**Schedule:** 17:30pm – 19:00pm, from Monday to Saturday

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**Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.

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**Ratio:** 1/3

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**Programme level:** MEDIUM Intensity

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**Rates:** 250€

# Sani Tennis Academy

## CARDIO TENNIS

- Adult Packages -



Improve your fitness level while playing your favourite sport. Combine workouts on the tennis court with cardiovascular exercises that help improve your fitness level and maximize performance. Cardio Tennis is a fun GROUP activity for anyone who wants to improve their fitness level while working on the technical and tactical aspects of the game. Our coaches adapt the class to the rhythm of the group and their tennis level to obtain the best results.

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**Duration:** Weekly (Monday – Saturday)

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**Hours of weekly training:** 1-6 hours

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**Schedule:** 07:00am – 08:00am

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**Objective:** To improve your fitness level in a fun way with functional exercises while you train and acquire new skills to improve your current tennis level.

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**Ratio:** 1/8

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**Programme level:** VERY HIGH Intensity

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**Rates:** 140€

# Sani Tennis Academy

## TOTAL TENNIS

- Children's Packages -



Want to share your experience with players from around the world? At Total Tennis you train in small group sessions and share great moments on the tennis courts. Our Rafa Nadal Tennis Centre coaches test all participating players at the beginning of the programme to assign them a training group according to their level of play. Improve your tennis game while you enjoy group training and compete against other participants. This high intensity weekly training programme is for players ages 8 to 18 who play regularly (2 to 3 times per week).

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**Duration:** 5 days

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**Hours of weekly training:** 2 hours daily

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**Schedule:** 5-7 years old, 10:00am – 12:00pm  
8-12 years old, 08:00am – 10:00am  
13-18 years old, 10:00am - 12:00pm

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**Objective:** Maximize strengths and minimize players weaknesses

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**Ratio:** 1/4

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**Programme level:** HIGH intensity

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**Rates:** 360€

# Sani Tennis Academy

## LEARN TO COMPETE

- Children's Packages -



Need to prepare your game for competition? This group tennis programme allows you to train with the Rafa Nadal Tennis Centre coaches by using a complete exercise point system where real tactical situations of competition are created. During the programme you work and improve on different aspects of the game: hitting the ball from the baseline, attack, net game, first strokes after serving and receiving. The points earned after each exercise are reviewed individually by our coaches. In this complete programme players work specifically on their technical, tactical and mental game. We focus on concentration and self-control, important aspects in tennis. Coaches help maintain a high intensity training, focusing always on the respect toward other players and fair play. Are you ready to compete?

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**Duration:** 5 days

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**Hours of weekly training:** 7.5 hours

---

**Schedule:** 17:30pm – 19:00pm

---

**Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.

---

**Ratio:** 1/3

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**Programme level:** MEDIUM Intensity

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**Rates:** 250€

# Sani Football Academy

With Chelsea FC Foundation



Sani shoots to score with football coaching sessions in association with 2017 Premier League champions, and one of the world's leading football clubs, Chelsea Football Club. There's a special treat in store for football fans with Chelsea FC Foundation coaching available to motivate, educate and inspire. It really is in a league of its own, offering an outstanding football development programme with a UEFA approved football pitch and a state-of-the-art Club House.

The training camp is held five days a week and promises lots of active fun for children of all skill levels under the careful eyes of expert qualified coaches. They'll motivate, educate and inspire while covering skills from dribbling to shooting, as well as organising five-a-side games.

Another fabulous opportunity to pick up new skills at Sani and make your visit even more worthwhile - it's also a great way to make new friends and learn to work as part of a team.

- **Includes Official Nike Chelsea FC Foundation welcome kit with backpack, custom-made shirt, shorts, socks and shin guards**
- **UEFA approved football pitch**
- **Dedicated Football Club House**

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**Hours of operation:** 09:30 – 19:30

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**Sessions:** 09:30 – 11:30 & 17:00 – 19:00

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**Age Groups:** 4-6 years, 7-9 years, 10-12 years, 13-16 years

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**Ratio:** 2:12

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**Reservations:** through the Sani website, Mobile Application and hotel receptions

*\* Chelsea FC Foundation Football Coaching availability is limited due to space and care ratios. We strongly advise pre-booking to avoid disappointment.*





### Rates per child

#### 1st WEEK

1 day course 95€

2 day course 175€

3 day course 210€

4 day course 225€

5 days course 240€

#### 2nd WEEK

6 day course 290€

7 day course 330€

8 day course 380€

9 day course 400€

10 day course 420€

*\* 10% additional discount for children of the same family*

# *Sani Sailing Academy*

## **For Children, teenagers and adults**

Sani Resort looks to instil a love of sailing in even its youngest guests, aimed at attracting the nautical attention of Sani holidaymakers and local residents alike. The Academy courses are specially tailored for children aged 8+ and adults. Designed as a complete "introduction to sailing" for children and teens, sessions are both knowledge and skill-based. The programme covers trainings on dry land and off-shore as well, and parents are welcome to watch the races.

The Sani Sailing Academy strongly supports the participation of children in the local community, too and offers one complimentary place per week to encourage this.

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### **Certificate of Attendance**

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**Duration:** May - August



# Sani Scuba Diving Academy

Certified by PADI

Diving experiences for all levels at the Sani Resort Scuba Diving Academy - including globally-recognized PADI courses.

Whether trying scuba for the first time or an experienced diving enthusiast, the Sea World Diving Centre at Sani Beach has something for you. With professional equipment and certified PADI instructors, there's a wide selection of under-water excursions to enjoy, including a visit to a shipwreck.

Our centre is a PADI authorized 5 Star IDC Gold Palm Resort, supported by DAN (Dive Alert Network) EUROPE, which follows recognised programmes and training methods leading to internationally recognised PADI certification. Courses include introductory lessons, options for children and advanced courses such as deep, multilevel, wreck and night diving.

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**Opening hours:** 09:00am - 18:00pm

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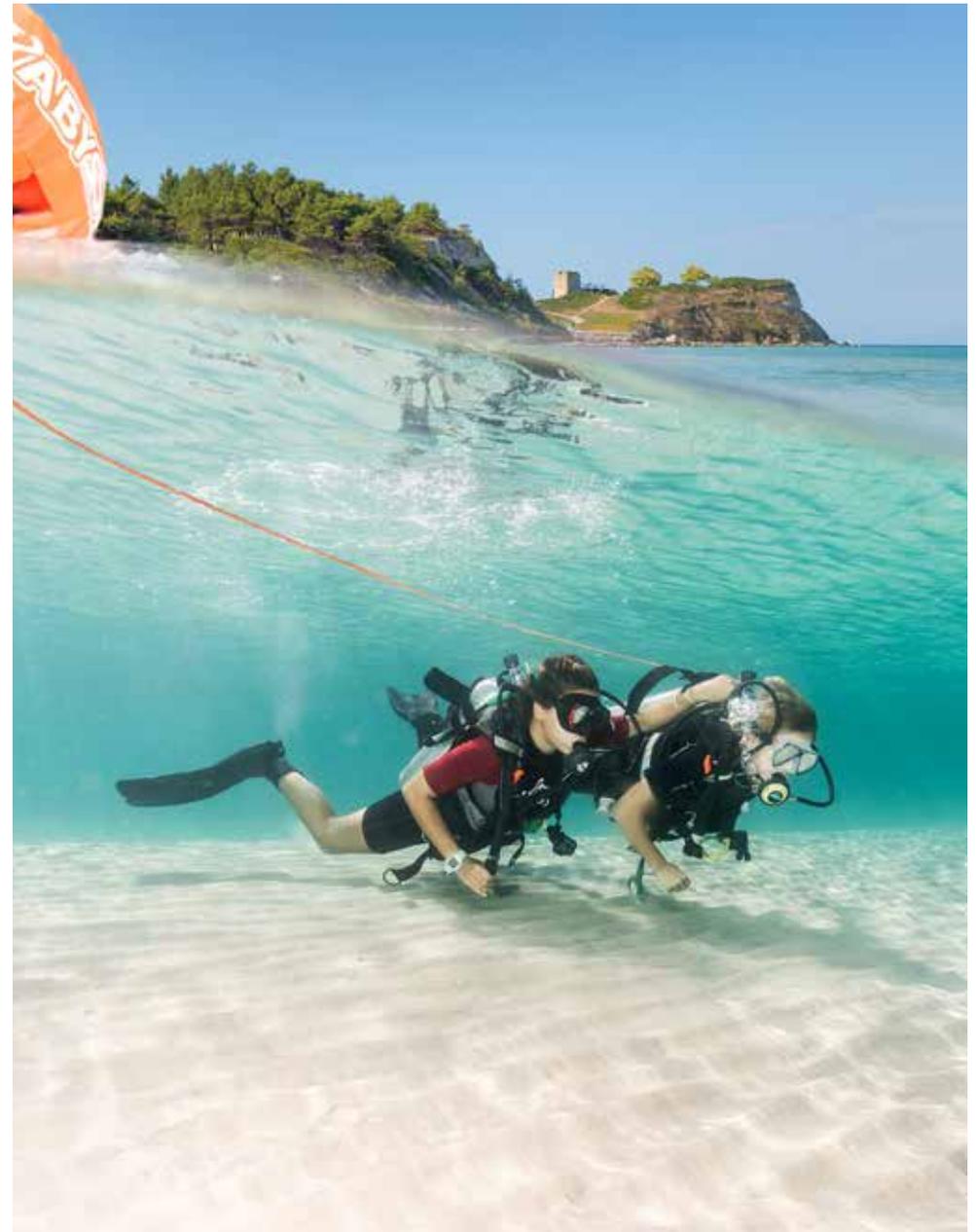
**Rates:** Contact Sea World for details

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**Location:** Sani Beach, Sani Club, Porto Sani, Sani Asterias, Sani Dunes

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**Contact:** +30 23740 31745, seaworld@seaworld.gr



# *Sani Bike Academy*

Offering a collection of professional bikes, the Sani Biking academy invites you to join a tour or organised lessons and sessions during your stay. With certified instructors, a wide selection of bikes and acres to explore, this is bespoke fun for the whole family. A unique cycling experience with tour options and fun extras, like Go-Pro action cameras to take with you and photos taken of your experience. Sani is the perfect place to go cycling, our bikes can be used anywhere and by all ages.

Bikes can be rented by the hour, day or week with lessons, available for adults and children. Couples can head off together on a romantic picnic tour with a packed lunch and family excursions await.



# Sani Water Ski Academy

By British Water Ski & Wakeboard (BWSW)

The Sani Water Ski Academy is focused on providing the highest quality service and exercise no matter what age you are. Certified by the British Water Ski & Wakeboard (BWSW) the academy offers lessons in Wakeboarding, Waterskiing, and Kneeboarding, for those learning for the first time and for those who are more advanced. Guests can choose hourly lessons, full day packages or weekly packages as they wish. The academy also offers both individual lessons and fully catered groups with touring professionals. In a relaxed, fun environment, we cater for those who have never been on the water before and for those looking to take their skills to the next level. Sani Water Ski Academy will have you achieving your goals before you know it using only the latest technology and coaching techniques.

## CUTTING EDGE – BRONZE AWARD

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Safety brief & land Lesson

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Assisted deep water start

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Unassisted deep water start

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Edge from side to side between the wakes

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Complete the corner

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Cross both wakes in one pass of the lake

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Controlled riding around two corners



# Sani Water Ski Academy

## CUTTING EDGE – SILVER AWARD

### STAGE one: Minimum 3 lessons required

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Cross the wakes 4 times in one pass

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Know the hand signals and terminology

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Touch the tip of the wakes with one hand

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Surf up and down the wake

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Cross the wakes 6 times with 25sec

### STAGE two: Minimum 3-5 lessons required

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Lift a ski fir 10" on each leg

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Drop a ski and continue for one pass or perform 1-ski assisted start

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Complete 2 corners in a row

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Cross the wakes 4 ties in one pass

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Ski for 20" with great body position

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Surf up and down the wake

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Complete a deep water start

### STAGE three: Minimum 3 lessons required

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Complete 3 out of 4 unassisted deep water starts

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Perform 6 narrow wake crossings in 20"

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Carry out 6 long, even turns with great body position

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Perform 6 wide wake crossings in 30"

## CUTTING EDGE – BRONZE AWARD

### STAGE one: Minimum 3 lessons required

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Heelside straight air

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Heelside progressive edge with pop

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Heelside grabs front and back hand

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Toeside air

### STAGE two: Minimum 3-5 lessons required

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Backside 50/50

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Backside boardslide 90 out

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Backside 50/50, frontside 360 along the rail

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Backside 50/50, backside 360 along the rail

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Switch backside 50/50

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Frontside 50/50 or lipslide

### STAGE three: Minimum 3 lessons required

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Heelside frontside 180

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Toeside frontside 180

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Heelside half cab 180

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Heelside frontside 180

