



**AROEIRA**  
TENNIS & PADEL

# Regulation

The tennis and padel classes are run by the Aroeira Tennis & Padel Club.

Enrolment is open to all those interested, aged between 4 and 70, with a desire to play, who want to learn to learn, improve, and increase their performance in these two sports.

The classes vary from 45 minutes to 2 hours, depending on the agreement between the two parties (organization and student). Students must bring their own sports equipment (sportswear, appropriate footwear, and rackets).

Lack of equipment such as a racket makes it impossible for the client to practice, leaving the alternative of renting a racket at the club for €2.5.

Classes are divided into 2 groups: Fix classes and Flex classes.

To attend our FIX classes, the student must register as a member for the season in question.

FIX classes are for athletes who want to make a medium/long-term commitment of at least 3 consecutive months, and payment for the 3 months must be made at the time of registration.



AROEIRA  
LISBON  
Hotel Sea & Golf

FIERCENESS  
CLASS & ATTITUDE

BEQUEST  
REAL ESTATE



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To attend our FLEX classes, the student can choose to be a member or not, and their choice is free and autonomous.

If the student opts for a membership, the cost of insurance and class registration is included. This insurance and registration will be valid for the current season, which starts on September 1st and ends on August 31st of the following year.

Flex classes are open to all athletes who want to take one-off classes, scheduled on a lesson-by-lesson basis, with greater flexibility in scheduling.

Flex classes can be transferred to other people and are valid for 6 months.

Private lessons are for 1 or 2 people, depending on the discipline chosen. Group lessons are for 3 to 6 people for Tennis and 3 to 4 people for Padel.

In both modalities, Fix and Flex, students can opt for group lessons, private lessons or both.

The classes will be organized according to the level of education and ages of those enrolled, trying as much as possible to ensure the homogeneity of practitioners at all levels.

Aroeira Tennis & Padel may propose changes of class or coach in order to improve student performance and the balance of the class.





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A trial class will always be held so that the coaching team can assess the level of the students and make sure that the classes are as appropriate as possible to their interests.

If the weather conditions or the absence of the coach do not allow for sports practice, these classes will be duly compensated for at another time agreed between the two parties (organization and client).

Lesson cancellations must be made at least 48 hours before the lesson. If this deadline is met, Aroeira Tennis & Padel undertakes to reschedule, otherwise the lesson will be counted.

The monthly fee must be paid before the 8th of each month. Payment of the monthly fee must be made to a member of the Aroeira Tennis & Padel team or, when sent by bank transfer/mbway, must be accompanied by a receipt sent to [topofpadel@outlook.com](mailto:topofpadel@outlook.com).

Any cases not covered by these regulations will be resolved by the Aroeira Tennis & Padel management.

