

May 2009

Calendar for Weeks & Races 2009 - 2010



May		
02.05	25th Volcano Triathlon - New Volcano Relay Triathlon 1.5K Swim - 40K Bike - 10K Run	All 50€
07.05-14.05	Marathon Running Camp with Phil Price & Team	All 130€
08.05-16.05	Pilates, Yoga & Wellness w.Imma Mateo & Team	All 125€
08.05-14.05	Fun Football Academy with Jan M.Hansen	DK 150€
15.05-22.05	Ironman Lanzarote Pre-race camp	All 200€
15.05-29.05	Walking for life	All 110/190€
15.05-22.05	Power Week with Charlotte Bircow	DK 100€
22.05-05.06	Pilates with Lotte Paarup	DK 125€/200€
23.05	18th Ironman Lanzarote Canarias, 3.8K Swim - 180K Bike - 42.2K Run	All 350€/400€



June		
04.06-11.06	Swim camp with Phil Price & Team	All 120€
04.06-11.06	Kickboxing - For Fitness & Fun	All 100€
05.06-13.06	IAW - Dance, Fitness & Aerobics, Charles Longdon-Hughes	All
11.06-18.06	Long Distance Triathlon Camp with Phil Price & Team	All 215€
13.06-25.06	goodLife - Focus on a healthy lifestyle, Sally Walker	All
13.06-15.06	8th Multi Terrain 3 Stage Marathon 42.2K	All 40€/20€
18.06-25.06	Long Distance Bike Camp	All 125€
21.06	NEW! Lanzarote Wine Run 21K	All 30€
22.06	Club La Santa's 26th Anniversary	
26.06-10.07	Dance Academy with Malou Horsted	DK 50€/85€



July		
03.07-10.07	Dance Academy with Malou Horsted	DK 50€/85€
17.07-29.07	Fit n Fun K.I.D.Z with Lydia Campbell, Rayne Montgomery- Campbell & Fit Camp	All 35€/50€
August		
21.08-28.08	Health & Lifequality with Vibeke Lund	DK



September		
03.09-10.09	Intermediate Triathlon Camp with Phil Price & Team	All 185€
04.09-12.09	IAW - Dance, Fitness & Aerobics, Charles Longdon-Hughes	All
10.09-17.09	Swim Camp with Phil Price and team	All 120€
17.09-24.09	Tennis Week with Tito Navoni	All 200€
18.09-25.09	Power Week with Charlotte Bircow	DK 100€
26.09	XVII Swim Crossing "El Rio" (Orzola - La Graciosa) organised by the "Cabildo de Lanzarote"(Local Government)	All
28.09-30.09	Club La Santa Cycling Trophy	All 75€/25€
October		
23.10-30.10	Fun Football Academy with Jan M.Hansen	All 150€
30.10-13.11	International Bike Weeks with Gunnar Asmussen, Rolf Aldag, Tom Kristensen, Herman "The Artist"	All 125€/150€/175€
31.10-13.11	goodLife - Focus on a healthy lifestyle, Sally Walker	All

November		
06.11-13.11	International Bike Weeks with Gunnar Asmussen, Rolf Aldag, Tom Kristensen, Herman "The Artist"	All 125€/150€/175€
07.11-13.11	goodLife - Focus on a healthy lifestyle, Sally Walker	All
08.11	11th International Bike Tour of Lanzarote	All 20€
22.11	5th Clásica Lanzarote, 10K Road Race	All 25€
22.11-25.11	21st International Running Challenge, 10K/13K /5K/21K	All 75€/25€
29.11	20th Lanzarote Marathon Festival, Marathon, 1/2 Marathon, 1/4 Marathon, Marathon by Teams Marathon Kids	All 35€/30€

December		
03.12-12.12	Master's Triathlon Camp 50+	All 150 €
04.12-12.12	IAW - Dance, Fitness & Aerobics, Charles Longdon-Hughes	All

08.12-17.12	Martial Arts Week with Brian Turner	All	50€
10.12-17.12	Off Road Running Camp with Phil Price & Ain-Alar Juhanson	All	120€
11.12-18.12	Health & Lifequality with Vibeke Lund	DK	
11.12-19.12	Pilates, Yoga & Wellness w.Imma Mateo & Team	All	125€

January 2010

01.01-08.01	Inspiration to a Non-Smoking lifestyle	DK	70 €
01.01-08.01	Walking for life – Nordic Walking	All	110 €
01.01-08.01	Badminton Training Camp (12-17 years)	DK	100 €
07.01-21.01	Andy Cook Bike Weeks	All	125/175 €
08.01-15.01	Tennis Week with Maria Rasmussen	DK	200 €
14.01-21.01	Marathon Running Camp with Stephan Vuckovic & Phil Price	All	130 €
21.01-28.01	Duathlon Camp with Stephan Vuckovic & Phil Price	All	130 €
22.01-29.01	Veteran Badminton Tournament	All	65 €
22.01-29.01	Football Academy with Peter Rasmussen	DK	70 €
23.01	14th International Lanzarote Duathlon, 5k Run-20k Bike-2.5k Run	All	
28.01-04.02	Women's Only Triathlon Camp with Tanja Slater & Team	All	175 €
29.01-04.02	MTB Week w. Claus Jørgensen & Christian Nielsen	All	70 €
29.01-04.02	Come – Lets Dance! With Lone Damberg & Verner Nissen	All	70 €



February

04.02-11.02	Sprint/Olympic Distance Triathlon Camp with Joe Beer & Team	All	200 €
05.02-12.02	Boxing – A lifestyle with Poul Duvill & Thomas Damgaard	DK	100 €
06.02-18.02	goodLife – Focus on a healthy lifestyle with Sally Walker	All	
11.02-25.02	Bike Weeks with Geoff Cooke, Ain-Alar Juhanson & Team	All	125/175 €
26.02-12.03	Long Distance Triathlon Camp w. Ain-Alar Juhanson, Phil Price & Team	All	215/320 €
26.02-04.03	Walking Adventure with Lisbeth Matthiesen	DK	110 €



March

05.03-12.03	Long Distance Triathlon Camp with Ain-Alar Juhanson, Phil Price & Team	All	215/320
18.03-25.03	Swim Camp	All	120 €
19.03-26.03	Health & Lifequality with Vibeke Lund	DK	



April

09.04-16.04	Bike Week with Torben Hjørt & Jan Bo Petersen	DK	125 €
09.04-15.04	Come – Lets Dance! With Lone Damberg & Verner Nissen	All	70 €
16.04-23.04	Inspiration to a Non-Smoking lifestyle	DK	70 €
16.04-23.04	Tennis Week with Maria Rasmussen	DK	200 €
16.04-23.04	Bike Week with Tayeb Braikia	DK	125 €
18.04-29.04	Fencing with Pernille Svarre	All	50 €
22.04-29.04	Beginner's Triathlon Camp with Phil Price & Team	All	170 €
23.04-30.04	Yoga & Mind fitness with Britta Myrvig	DK	110 €

May

01.05	26th Volcano Triathlon, 1.5K Swim - 40K Bike - 10K Run	All	
06.05-13.05	Marathon Running Camp with Phil Price	All	130 €
07.05-14.05	Power Week with Charlotte Bircow	DK	100 €
13.05-20.05	Ironman Lanzarote Pre-Race Camp with Phil Price	All	200 €
14.05-22.05	Pilates, Yoga & Wellness with Imma Mateo & Team	All	125 €
14.05-28.05	Walking for life – Nordic Walking	All	110/190 €
22.05	19th Ironman Lanzarote Spain, 3.8K Swim-180K Bike-42.2K Run	All	375€/425€



General information:

■ Event races ■ Event weeks

DK = Danish spoken only. UK = English spoken. All = For all nationalities, but English spoken. Club La Santa reserves the right to change the dates and prices of the events and replace guest