

Sundance Camp Tenerife

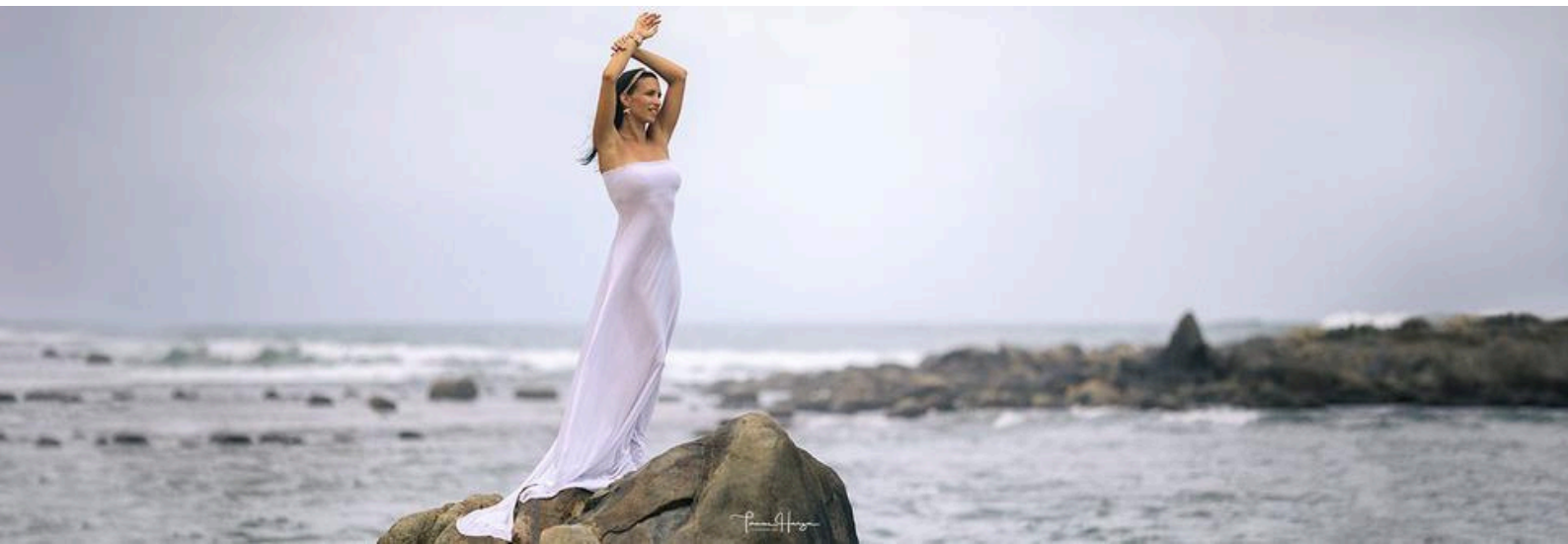
Fitness Camp with swimming lessons

20th October – 27th October

Enjoy a day at the beach, walk along one of the trails that venture into the lush forests, discover impressive volcanoes and awe-inspiring landscapes that are almost otherworldly, and striking ravines and cliffs. Spend an evening gazing at the endless stars in good company or make that dream of seeing dolphins and whales swimming in the wild a reality.

Unravel the serene beauty and luxurious tranquillity of Playa del Camison, one of Tenerife's most exquisite beaches.

Dive in, explore, and let the waves wash your worries away. 🌞



You will be accommodated in 3 stars beautiful Hotel Palm Beach just few minutes' walk away from the sandy beach.

The Hotel is fully equipped:

- outdoor pool, a poolside bar, free wifi
- Rooms are twin rooms for 2 people with a private balcony and equipped with:
 - air-condition, electric kettle, mini fridge, TV, hairdryer

At the hotel's restaurant, you can taste local dishes, while drinks and cocktails are served at the bars of the hotel.

Our prices include buffet breakfast only but also you can add dinner to your package which offers ample catering and gastronomic experiences.

In case you need anything, else there is also an on-site supermarket.





What awaits you in the camp?

- Stretching and relaxation classes (Pilates)
- Swimming and water sports (instruction, practice, or technique development)
- Conditioning and functional strength classes (Jomba, HIIT)
- Dance and conditioning classes (Latin, Zumba)
- Hellinger family constellation sessions (subject to change)

Swimming and aquatic exercises form the core and mood of the camp. They boost your confidence and bring joy, transforming your experience in the water. By the end of the week, you'll face the sea and life's bigger waves with courage and security.

The interval-based workouts will provide a healthy fatigue. With fun yet intense JOMBA 'Floor' routines, you'll improve your dancing and endurance. These high-energy choreographed classes are based on dynamic, rhythmic moves combining carnival, martial arts, and high-intensity jumping exercises, all set to music.

HIIT (high-intensity interval training) alternates short, intense exercises with brief rest periods or low-intensity movement.

Zumba/Latin/ Jomba Dance A dance-fitness workout based on Latin rhythms, combining fitness movements with a variety of dance styles (salsa, merengue, reggaeton, cumbia, etc.). The classes are held in a cheerful atmosphere with easy-to-follow choreographies, making it not only an effective workout but also great fun. Zumba improves endurance, strengthens muscles, helps burn calories, and reduces stress.

Pilates is a system of low-impact exercises designed by Joseph Pilates to improve strength, flexibility, balance, and posture by emphasizing core stability, precise controlled movements, and deep breathing

Our mission is to bring something new to people's lives and help them break out of the monotony of everyday routines. That's why we've designed the program not only to offer a wonderful vacation experience but also to provide practical and theoretical knowledge for everyday transformation and growth. Our camp is bilingual, making it a great opportunity for those who enjoy or want to improve their English.



Camp Leaders

- Andrea Kovacs – Personal trainer, JOMBA Jump, Zumba, fitness instructor, swimming coach, Olympic national team member, Ironman 2015 team champion. Her passion is to inspire people to live life to the fullest. „There cannot be any excuse for having fun!"
- Berta Monika – personal trainer and group fitness instructor who uses a combination of functional and strength training. Following her award winning appearances in European Championships 2018 and 2019; she has now committed herself to help others feel better in their bodies.

Price Camp participation fee:

- €850 – for payments made by 1st October
- €950 – for payments after 1st October

To secure your room and discount, a 40% deposit (€356) is due within 5 business days of booking, no later than 1st October).

Full payment (€950) must be completed by 1st October.

After that, the discounted price is not guaranteed and alternative accommodations may apply!!!

Cancellation Policy

- 10% fee if canceled 1 month prior
- 50% fee if canceled within 4 weeks
- 100% fee if canceled within 1 week

Included in the price:

✓ 7 nights' accommodation with breakfast

✓ Daily workouts

✓ 1 family constellation session

✓ Airport transfer (max. €30 round-trip)

Not included:

✗ Flight tickets

✗ Optional programs, dinners, excursions

Optional Upgrades:

- Side sea view room: +€10/night
- Sea view room: +€20/night
- Single room supplement: +€28/night (€196)
- Single studio apartment: +€40/night (€280)
- Half board is available (TBC)

Registration & Payment

✉ info@jomba.co.uk

 Revolut (Andrea Kovacs): IBAN: GB21 REVO 0099 7083 6646 23, BIC: REVOGB21

 OTP (Andrea Kovacs): IBAN: HU15 11775506B0391 0881 0000 0000

If you want to participate in the camp with your family (children) and don't wish to participate any of the group sessions, e-mail us to info@jomba.co.uk for details and discounts.

The apartments are twin or double beds room with a sofa bed in the living room or studios.

What does the price contain?

The price includes the cost of the way to the accommodations from the airport and back, accommodation, breakfast, as well as community programs and daily activities - Group sessions. Excludes the cost of the flight ticket to Tenerife (TFS) and all facultative programs and trips. You do not need to buy a ticket for parking or swimming in the village.

Meeting points at the airport (Canary Islands Tenerife - TFS or at the hotel.

If those times, which we arrange are not convenient, please organise your trip individually. We cover £15/head/trip from your package. (We help you with transfer, please request in advance). There is no price guarantee if you choose your own way to the hotel.

For Application, discounts & more details please email to info@jomba.co.uk.

You can make a full payment or a deposit to:

Andrea Kovacs, Revolut, acc number; 09786619, sort code: 04-00-75, or PayPal: info@jomba.co.uk

International payment to IBAN: GB21 REVO 00997083664623, BIC/SWIFT: REVOGB21