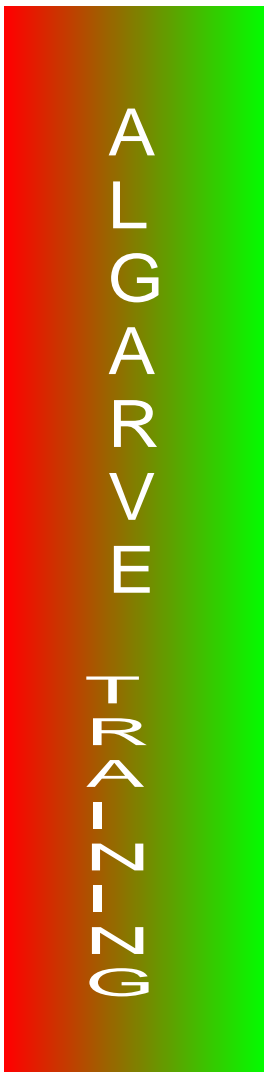




**Football Training Package**

- \* **Accommodation** per person, per night in Euro, including:  
Buffet breakfast in the restaurant plus basket of fresh fruit and mineral water in each room (to be replaced daily).
- \* **Transfers:**
  - Faro Airport / VILA VITA Parc / Faro Airport
  - VILA VITA Parc / Football Field (Silves)/ VILA VITA Parc (twice a day)
- \* **Football Field** in Silves approximately 10 minutes from VILA VITA Parc, 101m x 66m = 6.664m2, grass, maximum capacity 3.000 visitors,  
4 Changing rooms, room for medical assistance, 2 Training units per day, 90 min each.
- \* **Board:**  
Lunch & Dinner in a private restaurant (buffet or à la carte), per person, including mineral water and softdrinks. Alcoholic drinks on consumption at an extra charge. Personalised menus are also possible on request – price depending on the menu.
- \* **Laundry Service:**
  - 2 times a day laundry service for training equipment, in our own laundry.
  - 1 room to store all the clean equipment – free of charge
- \* **Other Services:**
  - room with satellite TV, Video, flipchart, white board – free of charge
  - massage room – free of charge (masseur of football club)
  - Hotel security – free of charge
  - Passtime games available such as back gammon, chess, table tennis – free of charge
  - Health Club: sauna, Jacuzzi, indoor/outdoor heated pool, ice room, steam bath, fully equipped gym (Techno gym machines, Selection Line, cardio, normal weight and cable jungle machines) – free of charge
  - Possibility of arranging football matches with local football clubs.



PRICES PER PERSON, NIGHT	JAN-FEB-MAR	OCT 2009
<b>Twin room</b>	<b>205. €</b>	<b>250. €</b>
*		

**This program is based on a minimum occupancy of 26 persons**



VILA VITA PARC RESORT & SPA  
 FACTUAL INFORMATION 2007/2008  
 "HEALTH CLUB" & "VILA VITA VITAL" SPA



Delfim Health Club (Main Building floor 1 – i.e. ground floor)

- 1 Sauna
- 1 Steambath
- 1 "Ice cave"
- 1 Relax area
- 1 Jacuzzi

Main Fitness Studio "Energym"

Complete rehabilitation fitness studio

Selection line of Technogym:

- Cardio machines: 1x Bike XTPro 600, 1x Recline XTPro 600, 1x Rotex XTPro 600,  
 1x Treadmill "Precos",  
 1x Run XTPro 600, 1x Top XTPro 600;
- Weight machines: 1x Leg Extension, 1x Shoulder Press, 1x Abdominal Crunch,  
 1x Lower Back, 1x Upper Back, 1x Leg Press, 1x Leg Curl, 1x Adductor, 1x  
 Abductor, 1x Cable Jungle, 1x Adjustable Bench;
- Other equipment: Key with chip, Computer Information Desk for guest's use, Training Point,  
 Heartbeat belts, stretching mats; free weights

D2 – Other details

Opening: Mondays to Sundays between 08h & 20h whole year round.

Other: Total area: 103 m<sup>2</sup>  
 Personnel is multi-lingual (Portuguese, English and German)  
 Fitness-room with wellness experts and equipped with air conditioning, changing rooms with  
 showers, lockers, towel service, Mini bar (i.e. energy bars and drinks), CD player, TV flat  
 screen.  
 Minimum age is 16 years or accompanied by an adult.

A2 - Swimming Pools (floor 1 - i.e. ground floor)

2 connected main pools + 1 for toddlers:

Pool 1A (indoor area)

Length: 15,00 metres  
 Width: 7,00 metres  
 Min. Depth: 1,17 metres  
 Max. Depth: 1,50 metres  
 Heated: +/- 29°C (summer/winter)  
 Fresh water

Pool 1B (outdoor area)

Length: 17,00 metres  
 Width: 10,00 metres  
 Min. Depth: 1,19 metres  
 Max. Depth: 1,50 metres  
 Heated: +/- 29°C/22°C (summer/winter)  
 Fresh water

Pool 2 (for toddlers - outside)

Length: 5,00 metres  
 Width: 4,00 metres  
 Min. Depth: 0,45 metres  
 Max. Depth: 0,45 metres  
 Not heated: ambient temperature  
 Fresh water

The space around the outside swimming pool where guests can relax and enjoy the sun is about 470 m<sup>2</sup>.

A3 – Other details

Opening: Normally, All year round between 07h00 & 20h00.  
 Other: Changing rooms with lockers, showers; approx. 120 sun loungers; parasols; towel service;





