



descubreRota

Delegación de Promoción Turística

# A ctivities in Rota

#discoverRota

From 15th to 31st May 2022



## THE ACTIVITIES LISTED IN THIS GUIDE WILL BE SUBJECT TO THE CONDITIONS IN THE CURRENT SITUATIO

The information contained in this guide has been provided by the different entities. The Municipal Tourism Office is not responsible for possible changes that may occur without being notified.

### ◆ SAINT ISIDRO “LABRADOR” PROCESSION

Day: 15th May.

Time: 8.30am.

Departure from “Ntra. Sra. De la O” Church until the pines.

### ◆ CULTURAL ACTIVITIES

#### MUSICAL COMEDY SHOW “EL SELU, THE MUSICAL”

Day: 21st May.

Time: 6.30pm and 9.30pm.

Place: Theater Auditorium Alcalde Felipe Benítez.

Price: 30€

Sale tickets: tickentradas, and in box office.

Timetable box office: from Tuesday to Friday from 12pm to 2pm and two hours before the show.

#### END OF THE COURSE “OFELIA MÁRQUEZ ACADEMY”

Day: 28th may.

Time: 5pm.

Place: Theater Auditorium Alcalde Felipe Benítez.

Price: 6€

Timetable box office: from Tuesday to Friday from 12pm to 2pm and two hours before the show.

### ◆ SPORT ACTIVITES

#### 1st TRAINIG 29th SPANISH CHAMPIONSHIP OF RADIO-CONTROLLED ELECTRID BOATS IN COSTA BALLENA

Days: 14th and 15th may.

##### Timetable Saturday:

9am. Start of registration.

10am. End of registration.

10.05am. Meeting of pilots.

10.20pm. End of meeting of pilots.

10.30-14.10h. Qualifiers

14.10-16.00h. Lunch.

16.05-17.35h. Qualifiers.

##### Timetable Sunday:

10am-11.25am. Qualifiers.

12.15-1pm. Finals.

13.30pm. Presentation of trophies.

Place: South Lake in Costa Ballena

#### 2nd NIGHT CIRCUIT TROPHY “DIPUTACIÓN DE CÁDIZ”

5K/5K

Day: 21st may.

Registration: atletismofaa.es

### ◆ SECOND HAND MARKET

Date: Every Sunday

Timetable: from 8.30am to 2pm

Place: Next to the bus station (provisionally)

Organized by “Rastrillo de Rota” Association

### ◆ COURSES AND WORKSHOPS

#### HANDICRAFTS WORKSHOP “LA MURUBE LABORATORY ART”

Days: from Monday to Friday.

Timetable: from 5pm to 7pm.

1 session in a week: 32 € monthly.

Registration: 655 341 717

LaMurube Art-Lab / 1, Catavino de Oro Avenue, local 1.

### **PADDLE AND TENNIS SCHOOL "ADISPORT"**

October 2021-June 2022

Psychomotor skills program applied to paddle and tennis.  
Initiation and improvement program (7 to 16 years old).  
Competition Program.

Adults program (initiation, medium and improvement).

Adapted physical preparation.

Organization of complementary activities.

Individual and group lessons and match organization.

School with 20 years old in experience.

**Padel:** Pozo Nuevo School and Club Bahía de Cádiz

**Tennis:** Municipal Sport Area and Hotel Playa de la Luz

Timetable: morning and evening from Monday to Saturday.

Registration: 666332717 / 615605417

### **"POZO NUEVO" SPORT VILLAGE 2021/22**

Basketball.

Skating since (6 years old)

Multisport.

Football.

Registration: [conchitamoya15@gmail.com](mailto:conchitamoya15@gmail.com) / [alberto.heredia@hotmail.es](mailto:alberto.heredia@hotmail.es)

Tel: 672 291 621 / 665 372 077

### **OKINAWA ASSOCIATION SHORIN RYU SHIN SHU KAN CHIBANA SCHOOL**

#### KARATE Y KOBUDO CLASSES FOR CHILDREN

Days: Monday, Wednesday and Friday from 6 years old.

Tuesday and Thursday from 5 years old.

Place: Sport Area "José Pino Mengual" Jesús Ferris Marhuenda Square, near Feria place.

Registration: [shorynyurota@gmail.com](mailto:shorynyurota@gmail.com) / Tel: 646 016463 ó 652 875234

#### FULL CONTACT CLASSES

Days: Tuesday and Thursday from 13 years old.

Registration: [shorynyurota@gmail.com](mailto:shorynyurota@gmail.com) / Tel: 646 016463 ó 652 875234

### **MUNICIPAL SAILING SCHOOL "THERESA ZABELL"**

Saturdays and Sundays and from 10am to 2pm.

Information: Sport Department.

Tel: 956840010 / 956012675

E-mail: [deporte@aytorota.es](mailto:deporte@aytorota.es)

### **PILATES + STRECHING**

"Club de Ocio y Tiempo libre Recreativo de Rota" Association.

Days: Monday, Wednesday and Friday.

Timetable: 10.30h y 18.00h.

Place: Campo de Fútbol la Roteña y Colegio Pozo Nuevo.

Info: 677 172 261

### **PILATES WORKSHOP**

Days: Tuesday and Thursday.

Timetable: from 9.30am to 10.30am.

Place: "Centro Cultural Casino Roteño", Charco Street.

Info: 659 184 094 / 600 345 209

### **PILATES CON ARANTZAZU ONAINDIA**

YOGA CANDOR

Days: Friday at 7pm.

Information: Chus Rojo. Tel: 662 390 177

@yogacandor

### **STRONG NATION**

"Club de Ocio y Tiempo libre Recreativo de Rota" Association.

Days: Tuesday and Thursday.

Time: 6.30pm.

Place: "Pozo Nuevo" School.

Info: 677 172 261

### **ZUMBA KIDS**

"Club de Ocio y Tiempo libre Recreativo de Rota" Association.

Days: Tuesday and Thursday.

Time: 5pm.  
Pili Piluk. Tel.: 677 172 261

### **ZUMBA**

Days: Monday, Wednesday and Friday at 9:15am and 7:15pm  
Place: "Roteña" soccer field and School Pozo Nuevo  
Pili Piluk. Tel.: 677172261

### **SPORT DIVING COURSE "CAPITÁN GARFIO"**

Duration: all year.

The course includes didactic material, federative license and insurance, theoretical and practical courses in swimming pool and sea, diving equipment.

Age: from 14 years old and knowing to swim.

TEL: 661576761 / 658693181 / 695282176

### **MASTER CLASS "CAJÓN FLAMENCO"**

Paco Vega

Place: "Blanca Lucía Guitarras" Store. Barroso Square.

### **FLAMENCO GUITAR COURSE. ISMAEL HEREDIA**

Online and on-site

All levels and for all ages

Information: [herediaguitarra@gmail.com](mailto:herediaguitarra@gmail.com) Tel. 680191851

### **FLAMENCO LESSONS OFELIA MÁRQUEZ**

Flexible schedules.

For kids and adults.

Place: "Ofelia Márquez Academia con Arte".

4, Albert Einstein Street.

Reservations: Tel. 601 98 40 61

[www.ofeliamarquez.es](http://www.ofeliamarquez.es)

### **DANCE CLASSES YVONNE TRIGO EARLE**

**Course 2021/2022**

Ballet

Tuesday and Thursday from 5:15pm to 6:15pm (from 3 to 5 years old)

Tuesday and Thursday from 6:15pm to 7:15pm (+ 6 years)

Flamenco

Wednesday and Friday (children) from 4pm to 5pm

Wednesday and Friday (adults) from 5pm to 6pm

Flamenco lessons (in Spanish and English)

Wednesday from 11am to 12pm

SEVILLANAS

Days: Tuesday and Thursday.

Timetable: from 7.15pm to 8.15pm.

Information: 684 34 12 37

### **GROUP CLASSES WITH ANASTASIA BORISOVA**

#### **HEELS DANCE – EXOTIC FLOOR WORK**

Place: Scorpion Gym.

Monday & Wednesday from 10am to 11am

Info: 655368206 @bailesrota

#### **STRETCHING CLASS**

Place: Scorpion Gym.

Monday from 10am to 11am & another day in the afternoon

Info: 655368206 @bailesrota

#### **AEROBIC RUMBA**

Time: Monday at 10:30am and Friday at 10am

Place: Gym Scorpion. 23, Orfebre Street

Dance: salsa, *merengue*, *bachata*, *cumbia* and more Latin dances.

Paola Ortiz. Telephone 693255284

#### **SALSA AND BACHATA LESSONS. ÁLEX GARCÍA**

Medium level course

Day: Mondays

Timetable: from 9pm to 10pm (*salsa*) and from 10pm to 11pm (*bachata*)

### Beginners' course

Day: Tuesdays

Hours: from 9:00 pm to 10:00pm (*salsa*) and from 10:00pm to 11pm (*bachata*)

Place: unnumbered Pizarro Street (Puntas Vela soccer field)

Mandatory reservation limited capacity

Telephone: 661987333

### **BATUCADA**

By Víctor Santamaría

Day: Thursday

From 8.30pm to 10.30pm

Place: near to "chiringuito Sol y Luna" in Costa Ballena.

Information: [ketetumba@hotmail.es](mailto:ketetumba@hotmail.es)

Facebook: ketetumba samba

Tel: 657 226 531

### ◆ **YOGA CANDOR**

Yoga workshop.

Vélez de Guevara Street. 9.

Web: [www.yogacandor.es/](http://www.yogacandor.es/) @yogacandor / @yogaenrotaconchus

E-mail: [chus@yogacandor.es](mailto:chus@yogacandor.es)

From 8:15am to 10am.

Chus: 662.390.177

**YOGA IN ROTA WITH CHUS** for Children, Adults, Partners, Families Old people.

HATHA Yoga, VINYASA Yoga, Yoga PREGNANCY and POST-PREGNANCY Yoga restorative, Yoga in FAMILY, Yoga NIDRA, RELAX, MEDITATION y MINDFULNESS.

\* YOGA ON LINE \*

### **YOGA NIDRA (MEDITATION AND RELAXATION)**

Days: Friday and Saturday.

From 10am to 11.30am.

### **OTHER WORKSHOPS ON SATURDAYS: FROM 11:30am to 1.30pm**

INITIATION YOGA

VINYASA YOGA

### **AYURVEDICOS MESSAGES**

It's necessary to book in advance

### **YOGA FOR CHILDREN WITH ARANTZAZU ONAINDIA**

Music and movement.

From 2 to 12 years old.

### **PILATES WITH ARANTZAZU ONAINDIA**

Friday at 7pm

More information: Chus 662 390 177

### **YOGA WORKSHOP "EOM YOGA"**

Ashtanga Yoga

Place: Eom Yoga. Calvario Street, local 14-16

It is mandatory to reserve in advance. Tel. 600483640

### ◆ **GUIDED TOURS LUNA CASTLE**

Day: Saturdays.

Time: 1pm.

Price: 2€ adults / 1€ children.

**It is essential to book in advance.**

Tel. 956 84 63 45 / 956 84 13 52 or by the email: [turismo@aytorota.es](mailto:turismo@aytorota.es)



## ◆ OPENING HOURS OF THE MONUMENTS

### MUNICIPAL PALACE CASTILLO DE LUNA



From Monday to Friday from 8am to 3pm and from 5.30pm to 9.30pm. Saturdays and Sundays from 10am to 2pm and from 5pm to 9pm.  
Address: 2, Cuna Street

### NTRA. SRA. DE LA O CHURCH



Timetable: Monday from 10am to 1pm and from 6.30pm to 8pm. Tuesday and Sunday from 8am to 1pm and from 6.30pm to 8pm  
Address: Bartolomé Pérez Square

### NTRA. SRA. DE LA O CHURCH MUSEUM

Wednesday and Friday from 11am to 1pm. Sundays and holidays 11am to 1pm.  
Saturdays 7pm to 8:30pm

### SAN JUAN BAUTISTA CHAPEL



From Monday to Friday from 11pm to 1pm and from 6pm to 8pm.  
Saturday: from 10am to 1pm.  
Address: Andalucía Square.

### SAN ROQUE CHAPEL



Provisional timetable because of the works in the church:  
From Monday to Friday from 6pm to 8pm.  
Saturdays from 10am to 1pm  
Address: San Roque Square.

### BOTANICAL GARDEN CELESTINO MUTIS

From Friday to Sunday: from 10.00am to 2pm and from 4pm to 6.30pm  
Monday closed.

## ACTIVITIES IN COSTA BALLENA

### ◆ SURF LESSONS “CLUB SURF EDUCA”

Surf, Surf Pro, surf rentals

Place: La Ballena Beach. Peña del Águila Street, Costa Ballena (next to the Beach Bar *Sol y Luna*)

Registration: [info@clubsurfeduca.com](mailto:info@clubsurfeduca.com). Tel. 619743800

Facebook: Club Surf Educa

### ◆ GOLF LESSONS COSTA BALLENA OCEAN GOLF CLUB

Days. From Wednesday to Sunday.

Timetable: from 9am to 1pm and from 4pm to 7pm.

Tel. contacto: 956 84 70 70

### ◆ YOGA

#### YOGA CANDOR

AA.VV. Río Albero (above the Mercadona in Costa Ballena).

La Ballena Avenue (Costa Ballena).

Web: [www.yogacandor.es](http://www.yogacandor.es) / @yogacandor / @yogaenrotaconchus

E-mail: [chus@yogacandor.es](mailto:chus@yogacandor.es)

Tuesday and Thursday at 10am.

Saturdays alternates at 10am.

Tel. information 662.390.177

**YOGA IN COSTA BALLENA WITH CHUS** for Children, Adults, Partners, Families Old people.

HATHA Yoga, VINYASA Yoga, Yoga PREGNANCY y POST-PREGNANCY Yoga restaurative, Yoga in FAMILY, Yoga NIDRA, RELAX, MEDITATION y MINDFULNESS.

\* YOGA ON LINE \*

#### MASSAGE “AYURVEDAS”

Skull, Face and Back.

#### YOGA WITH SATCHIT ANANDA ASSOCIATION

Days: Monday and Wednesday.

Timetable: 9.30am to 11am and 7.30pm to 9pm

Place: Costa Ballena.

Tel: 656 991 754

### YOGA WITH ROCÍO ATIENZA

Group lessons for adults, children and old people.

Days: Mondays and Wednesday from 9.15am to 10.45am and from 7.30pm to 9pm.

Place: Río Albero Association Room (above the supermarket Mercadona in Costa Ballena)

Ask for price and timetable

Information: Rocío Atienza 656991754

### PERSONALIZED THERAPEUTIC WITH ROCÍO ATIENZA

It is compulsory to book in advance.

More information: Rocío Atienza 656991754

### YOGA ON-LINE ROCÍO ATIENZA

Information Rocío Atienza Tel. 656 991 754

### ◆ COSTA BALLENA TOURISM OFFICE

Next to the Bus Station. Juan Carlos I Avenue.

Tel. 956 84 70 10 or by mail: [oficinaturismocostaballena@gmail.com](mailto:oficinaturismocostaballena@gmail.com)

From Monday to Friday from 10am to 2pm.

### ◆ ROTA TOURISM OFFICE

Merced Tower. 10, Compás del Convento Street

Tel.: 956 84 63 45

From Monday to Saturday from 10am to 2pm and from 5pm to 7.30pm.

Saturdays from 10am to 1pm

E-mail: [turismo@aytorota.es](mailto:turismo@aytorota.es)

[www.aytorota.es](http://www.aytorota.es) - [www.descubrerota.com](http://www.descubrerota.com)



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