



descubreRota

Delegación de Promoción Turística

A ctivities in Rota

#discoverRota

From 1st to 15th June 2022



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

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◆ CULTURAL ACTIVITIES

THE BIG MUSICAL. 50 ANNIVERSARY

AMPA LUIS PONCE

Day: 2nd June

Time: 5:30pm

Place: Theatre Alcalde Felipe Benítez

Price: 2 €

CHARITAL CONCERT “YO SOY RATÓN”

Day: 4th June

Time: 9pm

Price: 6 euros

Organiza: APSI

Colabora: Ayuntamiento de Rota

◆ WATER GYMKHANA

Day: 2nd June

Time: from 5pm to 8pm

Free activity. Workshops, games, dynamics...

Age between 6 and 12 years old

Place: La Costilla Sea Promenade

Registrations by phone 680563039

◆ 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

WORKSHOPS “ASOCIACIÓN MUJERES ANTE EL MUNDO”

SUMMER YOGA WORKSHOP

Monday and Wednesday from 9.30am to 10.30am. Monday and Wednesday from 7pm and 8pm

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 / 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 / Tel: 646 016463 ó 652 875234

FULL CONTACT CLASSES

Days: Tuesday and Thursday from 13 years old.

Registration: 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

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 Tel. 680191851

FLAMENCO LESSONS OFELIA MÁRQUEZ

July and August.

Flexible schedules.

For kids and adults.

Place: "Ofelia Márquez Academia con Arte".

4, Albert Einstein Street.

FLAMENCO WORKSHOPS LESSONS. JULY AND AUGUST 2022

Information and bookings: 671 859 481

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 Victor Santamaría

Day: Thursday

From 8.30pm to 10.30pm

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

Information: ketetumba@hotmail.es

Facebook: ketetumba samba

Tel: 657 226 531

◆ YOGA CANDOR

Yoga workshop.

Vélez de Guevara Street. 9.

Web: www.yogacandor.es/ @yogacandor / @yogaenrotaconchus

E-mail: 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

Days:

Saturday on 4th June at 1pm

From 11th June at 10pm

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

◆ 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. 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 Mercadona in Costa Ballena).
La Ballena Avenue (Costa Ballena).
Web: www.yogacandor.es / @yogacandor / @yogaenrotaconchus
E-mail: 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

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

www.aytorota.es - www.descubrerota.com



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