



VERDURA RESORT
SICILY
A ROCCO FORTE HOTEL

SUMMER ACTIVITIES 2019





VERDURA RESORT
SICILY

SPORTING ACADEMIES



JUVENTUS TRAINING EXPERIENCE

Kick off your Summer at Verdura Resort with Juventus Training Experience. Guests aged 5 to 16 can enjoy a special experience, where they will meet new friends, practise football and just have fun. The professional Juventus coaches will share their knowledge with those who want to live a “black and white” summer experience on our full-size football pitch, surrounded by an amazing landscape of mountains and orange groves.

Available from May 25th to 31st, in July and in August (reservation required).



SWIMMING ACADEMY

Adults and children can enjoy swimming lessons with our professional instructors. Tuitions range from simply exploring the water, to getting comfortable with different swimming styles such as backstroke, front crawl and butterfly, to becoming a speedy and stylish swimmer.

Available daily, from April to October (reservation required).



TENNIS ACADEMY

Take tips from our professionals at the Verdura Tennis Academy. Players of all ages and abilities are welcome to join our courses, have private and group lessons or alternatively play at their leisure with friends and family. Our tennis instructors will unveil secret tips from the likes of Nadal and Federer. The Academy also hosts guest tournaments, special tennis camps and events with famous ex-professionals.

Available daily (reservation required).



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SPORTING ACADEMIES



GOLF ACADEMY

The Verdura Golf Academy provides guests with an excellent opportunity to enhance their golfing experience, led by Tom Foster, PGA Director of Golf Instruction and his team of qualified professionals. You'll be provided with the finest learning and practice facilities. Furthermore, an advanced Performance Institute will offer a 360° golfing experience to include highly precise analyses. Kids can enjoy the Junior Academy: they will learn all the necessary practical skills, including: full swing, short game, putting, bunker play along with basic rules and etiquette, with our Instructor Giacomo Dovetta, certified as one of the world's top 50 junior coaches by US Kids Golf.

Available weekly (reservation required).



WATER SPORTS CLUB

Verdura Water Sports Club offers a wide range of equipment, activities and courses to our guests. Visit the beach and discover more about everything we have to offer, as well as to meet our qualified team. Choose from simple, fun, technical and even adrenalin-pumping activities, like new Jet Surf; experience these with your family, with friends or even on a course with our qualified instructors. Furthermore, enjoy memorable journeys in Verdura's boat to Torre Salsa, Scala dei Turchi, Capo Bianco or even Sciacca. Go fishing, stop to snorkel or enjoy a sunset picnic.

Available daily, from April to October (reservation required).



KARATE ACADEMY

Train both your body and mind in order to increase physical strength and productivity. Karate is one of the most famous martial arts; it requires concentration, improves coordination and flexibility. Learn this fascinating discipline, building confidence and self-control.

Available daily, from April to October (reservation required).



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SPORTING ACADEMIES



FENCING ACADEMY

Discover the Olympic Sport of Fencing, a group of three related combat sports: foil, épée and sabre. Fencing is a sport for everyone and it increases speed, resistance, improves reflexes, reduces stress, increases mental agility and self-control. Learn all secrets of this fascinating discipline with Lia, former champion and member of the Italian National Team.

Available weekly (reservation required).



VERDURA RESORT
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ACADEMIES WITH THE STARS



CYCLING ACADEMY

Ride from Verdura Resort, the perfect location to discover the beauties and the history of the island. The Italian former champion Mario Cipollini and his assistant will take you for enjoyable excursions through the areas with beautiful panoramas on the countryside and the Mediterranean Sea, going through breathtaking archeological sites and evocative villages.

Available from April 17th to 22nd, excluding Sunday 21st (reservation required).



FOOTBALL ACADEMY

Football is the most played sport in the world, but not everyone has the fortune to learn from the most famous football players! At Verdura Resort children from 6 to 12 can train with the world champion Gianluca Zambrotta, renowned for his versatile game style, his defensive tackles, running on the side kick band, assists for centre forwards and powerful shots from outside the penalty area.

Available from April 17th to 22nd, excluding Sunday 21st (reservation required).



GYMNASTICS ACADEMY

Improvisation, creativity, balance, elasticity, sense of rhythm and lightness, are some of the skills that can be developed with rhythmic gymnastics, an elegant all female sports. In the Fitness Studio of the Verdura Spa, the champion Daniela Masseroni will accompany young girls and women to discover the secrets of the movements of the 5 typical gymnastics equipments: rope, hoop, ball, clavette and tape.

Available from April 17th to 22nd, excluding Sunday 21st (reservation required).



VERDURA RESORT
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ACADEMIES WITH THE STARS



RUGBY ACADEMY

Although rugby is not popular everywhere, it's really an amazing sport! Everyone can play it, whether you're small, tall, big or thin! Our special Academy will focus the core values of this game which are: Teamwork, Respect, Enjoyment, Discipline, and Sportsmanship. Special classes with 2 famous champions for all levels including team tactics, tackles and kicks available at Verdura resort.

From May 27th to 31st with Giovambattista Venditti and from October 21st to 27th with Gregorio Rebecchini.



BASKETBALL ACADEMY

Basketball is a great way for kids and teens to get active and have fun. It improves reflexes, agility, balance and coordination, developing concentration and self-discipline. Learn how to play one of the most popular sports with the stars.

Available from June 17th to 23rd with Sylvester Gray; from June 24th to 30th with Danilo Del Cadia; from July 8th to 13th with Gei Gei Capone and Luca Allegrini and from July 18th to 23rd with Steve Carney.



HIP HOP ACADEMY

Choreography and style, Verdura Kids and Teens Club grooves to the rhythm of our Hip Hop School inspired to the underground urban movement developed in the 1970s in USA and spread throughout the world. A dynamic and liberating dance that, with its irresistible beat, let the imagination run wild and helps kids to express their personal body language with creativity and fun!

Available from July 12th to 17th with Alice Bellagamba.



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ACADEMIES WITH THE STARS



TENNIS ACADEMY

Did you know that tennis improves general heart health and has positive effects on the muscles and on the cardiovascular and respiratory systems? Complete and harmonious, it develops both physical and mental wellness. Don't miss the opportunity if you want to learn this sport or improve your skills with champions!

From July 12th to 26th with Oscar Camporese and from September 15th to 22nd with Dominik Hrbatý.



FENCING ACADEMY

Discover the exciting Olympic Sport of Fencing. Our special programme includes an introduction to the history of fencing, weapons, target areas and fencing technique, taught by some of the best Italian world class champions. They will teach you, your kids or the entire family a fantastic and rewarding skill. Fencing is a centuries old art and is gaining in popularity each year.

From August 6th to 11th with Giovanna Trillini; from August 12th to 18th with Marta Ferrari; from August 19th to 25th with Elisa di Francisca; from August 26th to September 1st with Valerio Aspromonte.



JUVENTUS TRAINING EXPERIENCE

Once again, this summer Verdura Resort will be hosting a special training session with **the famous Juventus champions**. A unique opportunity to both improve your football skills and meet your favorite star.



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ACADEMIES WITH THE STARS



TAEKWONDO ACADEMY

Taekwondo is a Korean martial art that combines energy and speed with elegance and precision. Discipline, honor and respect are the pillars of this sport, teaching a practice of defense rather than offence. Our champion will introduce kids and teens in the world of this ancient art, approaching them to the cardinal principles with games and laboratories, ending with practice sessions.

From September 2nd to 8th with Carlo Molfetta.



BEACH VOLLEY ACADEMY

Did you know that beach volleyball is considered to be the best cross-training available for an indoor volleyball player to improve their game? Whether you are an indoor player looking to add beach to your repertoire or a newbie who just lives near a beach. Our special weeks run by qualified coaches and stars are the best way to meet new players and get involved into the secrets of this funny sport, understanding all differences with the classic volley. All classes incorporate a warm up, fun drills and match play.

From September 9th to 15th with Rachele Sangiuliano.



VERDURA RESORT
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FITNESS & TREKKING



FITNESS

Our programme of wellbeing-enhancing activities will nourish mind, body and spirit. Find balance at our Yoga and Pilates classes. Sculpt your body and increase muscle strength with Interval Training, Step&Tone, Circuit Training, Cross Training and TRX. Choose GAG or GAB to focus on toning legs, abs and buttocks or legs, abs and arms. Work out and dance with Zumba, Aqua Zumba, Cardio pop dance and Aero Mix dance. Try our high intensity outdoor boot camp or increase your body's circulation with Aqua Gym.

Available weekly (reservation required).



TREKKING

At Verdura, we have created breathtaking trekking routes within and outside the resort, combining fitness with both culture and nature. Our Fitness team will guide you through these treks, different in length and terrain to accommodate all levels of fitness and experience.

Available weekly (reservation required).



VERDURA RESORT
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CULINARY SCHOOL



COOKING CLASSES

Sicilian cuisine is a triumph of flavours, enriched over centuries by a variety of culinary traditions. Our Sicilian cooking class focuses on Verdura's most popular dishes with the freshest local ingredients. Sciacca's catch of the day. Greens hand-picked from our vegetable garden. Oranges and olives plucked from our trees. And much more. Learn how to prepare sensational Sicilian pizza with our Pizza making class or choose the Pastry class if you want discover all the secrets of our pastry chefs.

Available daily (reservation by a minimum of 2 participants is required).



MIXOLOGY CLASS

Learn how to mix a Sicilian Mojito and other classic cocktails with a twist. Make your very own cocktails with our Mixologist.

Available daily (reservation required).



WINE TASTING

Sicily has all the ingredients for good wine. Taste the very best wines selected by our sommelier.

Available daily (reservation required).



VERDURA RESORT
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MUSIC EVENTS



DJ SUNSET APERITIF

For a cool Mediterranean aperitif by the sea, Verdura offers the stunning location of Amare Bar. Our resident DJs and performers from the best Italian radios, will spin the afternoon away. On July and August.



NICK THE NIGHTFLY ORCHESTRA

Everyone knows Nick as deejay for Radio Monte Carlo since the 90s, but he is also a successful singer. Nick will perform at Verdura with a special Orchestra, which has published 3 music albums with him: a journey into Pop, Jazz & Swing. On August 17th by Verdura Infinity Pool.



DIROTTA SU CUBA

Their most famous single "Gelosia" marked their record debut in 1994. Famous Italian funk-pop-jazz group of the 90s, they will perform at Verdura Resort on August 23rd by our Infinity pool, for a special evening with their best hits.



VERDURA RESORT
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GOURMET EVENTS



DE RERUM NATURA

Fulvio Pierangelini dedicates to the guests of Verdura Resort a special series of gastronomic events. Innovative dishes, simple ingredients, to discover the flavors of Italian culinary art.



SCHITICCHIO

A lively evening under the stars at our very own village fair. Browse a myriad of stalls and watch local artisans paint, embroider, create coral jewellery, shoes and ceramics. Taste wine, olive oil and tapenades from nearby vineyards and enjoy Sicilian dishes prepared to order accompanied by folk music of the island. On July, August and September.



SICILIAN NIGHTS

A cornucopia of Sicilian favours as the sun sets over the Mediterranean sea. Feast upon the rich colours, favours, sounds and scents of Sicily at Piazzetta Liolà, with live cooking stations and al fresco folk music performances. On June, July, August and September.



VERDURA RESORT
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YACHT EXPERIENCE



Set sail on the sparkling cerulean waters of the Mediterranean with Verdura's extraordinary luxury yacht experiences. Guests can sail alongside the magnificently wild Torre Salsa Nature Reserve, before reaching the dazzling white cliffs of Scala dei Turchi. Alternatively, head west from Sciacca to admire the majestic Greek temple of Hera before heading up the coast to reach the incredible Aegadian islands. For an equally wild adventure, sail out to the islands of Pantelleria and Lampedusa, Whether you enjoy our unforgettable sailing trips with friends, family or as a couple, pamper yourself with a private chef or spa therapist on board and experience the Mediterranean from a truly unique perspective.