

# 1st INTERNATIONAL KIDZ CAMP MAR Y SOL 2011



Hotel Mar y Sol is situated in Los Cristianos, Tenerife and prides itself on providing fully accessible holidays for disabled and able-bodied people.

The hotel itself features a therapy centre offering physiotherapy, massage, water gymnastics and acupuncture among many other holistic and alternative therapies on offer. They also have qualified diving instructors onsite to enable people to discover the majesty of life under the sea – an amazing activity that can offer even those with very restricted mobility a fantastic experience.

The most recent addition to the Hotel Mar y Sol is a state of the art Sports Hall that has been purpose built to allow full wheelchair access and includes a top-notch sprung oak floor. The court area has been marked out for basketball, wheelchair rugby, electric wheelchair hockey and badminton, they have also found space for an indoor boccia court and table tennis tables!

This summer saw the 1st International Kidz Camp Mar y Sol take place and it proved

to be a great success. Klaus D. Herzog, lead trainer of the DRS (German Wheelchair Sports Association) and Sophie Minelli, sports therapist at the Spa & Sport Hotel. Mar y Sol organised a superb holiday week, packed with variety and excitement. Renate Kraus, Manager of Hotel Mar y Sol, comments:

'It was certainly a new and thrilling experience for us at the Mar y Sol to see so many children and young people here. The 1st International Kidz Camp breathed new life into the hotel. The brand-new Sports Hall, just finished in the nick of time, now opens the door to infinitely more activity possibilities, leaving no room for boredom! There was so much on, the range of activities was enormous; games, sport and physical exercise for the whole family, swimming lessons and advice regarding mobility issues for children with specific needs, tips on how to care for one's wheelchair, general help with the routine jobs of the day, advice about protecting one's back, suggestions as to how to introduce new free-time activities - and an excursion to

the impressive Loro Park to conclude the programme.'

The children both disabled and able-bodied had great fun, making the most of the warm pool (approx. 32°C), learning how to drive a wheelchair properly, how to do wheelies and taking part in all the sports and games!

This Kidz Camp was also a little treat for the parents as it provided an opportunity for them to relax and have a little time to themselves, safe in the knowledge that their children were in the very capable hands of Klaus and Sophie.

Sport and games activities are still on offer 5 days a week, even though the Kidz Camps are now over. Their sports therapist, Sophie Minelli, still welcomes disabled and able-bodied guests, the old and the young. She speaks 6 languages (Spanish, Luxemburgish, French, German, Italian and English) and has many years' experience in all things relating to mobility and disability.

The week proved so successful that the next Kidz Camp in Tenerife is already being planned. Why not consider escaping the British winter and soaking up the sunshine at Christmas? ■

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