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Welcome to **Abu Dhabi Country Club**, the first and most exclusive recreational club of its kind in the UAE capital. As most long time residents know, the Abu Dhabi Country Club – formerly known as Abu Dhabi Health & Fitness Club – was established in 1999 by the Government of Abu Dhabi. The first facility of its kind in the city, the Abu Dhabi Country Club enlarged its scope of operations to focus more on family activities and integrate even more into the social fabric of Abu Dhabi.

We've been a part of Abu Dhabi's social life for years. So, no matter where you go in Abu Dhabi, you'll find loyal Club members in the corporate world as well as in the hospitality and events circles. We have built a reputation in doing what we do through a proactive approach – a passion to understand, meet and exceed your expectations. We're here to delight you.

A world of privacy, luxury, elegance and relaxation awaits you. Set in beautifully landscaped gardens, within easy reach of the city center – Abu Dhabi Country Club has something exciting and engaging for everyone. Our diverse and professional work force will be happy to assist you at all times.

For more information, please visit [www.adcountryclub.com](http://www.adcountryclub.com) or any of our social media pages.





### Our Vision

To be the trendsetters and leaders in the hospitality and leisure industry in Abu Dhabi and UAE.

### Our Objectives

- Ensure quality and service to our customers, investors, clients, staff and community.
- To be the venue of choice for the connoisseurs of good taste and high living.
- Identify, anticipate and satisfy customer requirements profitably.
- Continue to build and evolve a brand that is recognized and admired.
- Implement the highest standards in hospitality.
- Compete with international standards.



### Group Fitness & Aerobic Classes

6 fitness studios, an outdoor training zone and more than 100 group fitness classes per week are provided by some of the top instructors in Middle East. The Club has the biggest indoor cycling studio in UAE with 75 bikes. We also offer a wide palate of group fitness classes (mix and ladies only classes) that fulfill the requirements for workouts, body transformation and slimming. Our programs suit all fitness levels. You can choose from Les Mills programs, Hiit workouts, mind & body, dance, reformer, Kickboxing or Pilates classes.

### Powerhouse Gym & Personal Training

The Powerhouse Gym offers the most extensive range of fitness equipment in the UAE. With two gyms, one mixed and one for ladies only, they each cover 600 square meters of spacious luxury for all your workout requirements. Your personal trainer will see you through your paces and advice you on the best ways to achieve your fitness goals.

For more information and bookings please call us at:  
[+971 2 657 7706](tel:+97126577706) or email us at [club.reception@adcountryclub.com](mailto:club.reception@adcountryclub.com)





### Football Fields

Abu Dhabi Country Club provides 3 football fields to ADCC members & players. Adjoining the field, we have a meeting room, changing and locker room for players, and restrooms.

### Soccer Academy

The Soccer Academy is part of the ADCC and since the beginning, we have built up an excellent reputation within the UAE and internationally. Many players from beginners through to professionals have been part of the ADCC Soccer Academy and developed great talent and skills throughout their training sessions.

Our Soccer Academy is open to boys and girls, ages 04 - 16 years, all levels & abilities, willing to learn & improve their soccer skills. ADCC offers 3 different courts for each level.

For more information, bookings, reservations please call us at: [+971 2 657 7777](tel:+97126577777), or send an email to [s.academy@adcountryclub.com](mailto:s.academy@adcountryclub.com)





### **Padel**

Padel is considered to be the fastest growing sport in the world, increasingly gaining momentum each year especially throughout Abu Dhabi. We welcome members as well as non-members to come and play Padel and experience our amazing indoor and outdoor Padel courts. Padel is a game for everyone of all ages.

For more information and bookings please call us at:  
[+971 2 657 7727](tel:+97126577727) or email us at [adccpadelrcp@adcountryclub.com](mailto:adccpadelrcp@adcountryclub.com)

### **Basketball**

Have a great game of basketball at our indoor and outdoor courts. We have a full-time coach who will be happy to help you perfect your skills. Individual and group lessons are available, and you can also look forward to social evenings if you like to watch a good game of basketball, look out for our successful club teams playing on the court.





### **Tennis**

The Abu Dhabi Country Club has 9 tennis courts for your leisure. Our tennis program offers a wide variety of instructional, competitive and social opportunities for players of all levels and ages. Private and group lessons are integral components of each program.

### **Squash**

Two glass backed squash courts are designed to meet all standards of play. Spectator seating for 50 makes the court ideal for small-level events. Squash courts are available for booking to ADCC members 7 days a week, subject to events and availability. Equipment is also available for rent. We offer private lessons as well as group bookings.

For more information and bookings please call us at:  
[+971 2 657 7704](tel:+97126577704) or email us at [pool.reception@adcountryclub.com](mailto:pool.reception@adcountryclub.com)





### Swimming Pool

Abu Dhabi Country Club has superb indoor and outdoor swimming pools. We have designed our outdoor pool to be family friendly with the depth of the pool set at different levels of steps. Our swimming pools are open from 8:00 am to 8:00 pm. Our indoor pools are exclusively for members.

For more information and bookings please call us at: [+971 2 657 7704](tel:+97126577704) or email us at [pool.reception@adcountryclub.com](mailto:pool.reception@adcountryclub.com)







### Sports School

Located in the Abu Dhabi Country Club – the Sports School offers a wide range of classes in various sports and fitness activities. We have the Abu Dhabi's only circuit training class gym for boys and girls from age 4 to 17. Our professional and international management team is focused on providing a child-friendly environment, developing children's love of physical activity and building confidence and a sense of accomplishment in children.

The Sports School offers different types of activity programs during school holidays, public holidays and during the summer break. These Sport Camps provide organized group activities and sports, individual courses and many other fun-filled and healthy opportunities for the young ones.

#### Sports School Classes & Training for Children

- indoor swimming
- indoor football
- indoor basketball
- taekwondo
- kick boxing
- ballet
- gymnastics
- gym under 17 yrs. old
- mix dances

For more information and bookings please call us at:  
[+971 2 657 7765](tel:+97126577765) or email us at [sportsschool@adcountryclub.com](mailto:sportsschool@adcountryclub.com)





**The Club SPA**, Day Spa Of The Year 2022, is a tranquil urban retreat located in the heart of Abu Dhabi, offering guests a holistic approach to mind and body with exclusive therapies developed with natural products, including aromatherapy signature rituals and treatments created by renowned brands.

The Club Spa at Abu Dhabi Country Club is an exceptional place offering an atmosphere of calm and elegance, featuring 23 treatment rooms, VIP area and an opulent relaxation rooms, the perfect place to cleanse your body and mind.

Extended over three sections, The Club Spa is the largest and most exclusive in the UAE. In addition, the spa features a retail spa and beauty boutique, sauna, steam room, an ice fountain and relaxation rooms offering the ultimate levels in health, relaxation and well-being.





**The Club SPA**

A complete menu of world class experiences for both men and woman includes:

- Facials
- Moroccan Bath
- Signature Massages
- Jacuzzi / Steam room
- VIP Room

- Body Treatments
- Waxing Services
- Hand and Foot Care
- Eyebrow Treatments
- Eyelash Services

Our highly professional Spa therapists will care for you with dedication and pure indulgence.

For Further information and reservations:  
Website: <https://theclubspa.business.site/>  
Call us on: + 971 2 666 8885  
WhatsApp us: + 971 56 534 7472  
E-mail: [theclubspa@adcountryclub.com](mailto:theclubspa@adcountryclub.com)  
Opening Hours: 10:00 AM- 10:00 PM





### **ESTETICA Beauty Salon & Le Platine Gents Salon**

ESTETICA Beauty Salon and Le Platine Gents Salon have been serving the beauty industry since 1998. Located in Abu Dhabi Country Club, Estetica Beauty Salon and Le Platine Gents Salon offer a range of beauty services such as haircuts, manicures, pedicures, and hair treatments. ESTETICA Beauty Salon also offers all services for nail care, make up, facial and waxing. We have dedicated stylists, colorists, beauticians and manicurists to provide outstanding services to all of our customers.

Contact details:

Landline [+971 2 4432883](tel:+97124432883)

WhatsApp [+971 56 4407391](tel:+971564407391)





### Events, Conferences & Exhibitions

The Gold Ballroom (1037.4 sqm) and the Silver Ballroom (694.32 sqm) are multifunctional meeting space collections at Abu Dhabi Country Club. The Gold Ballroom can accommodate 250 people for a medium sized product launch to more than 800 for an evening reception. It can be divided by partitions into three areas, set up in a range of room configurations, as well as serve as an outdoor pre-function area. The Silver Ballroom is best suited for medium sized events ranging from a business lunch for 300 guests to weddings and evening reception. Our multifunctioning ballrooms serve as the perfect venues for a range of conferences, concerts and exhibitions.

Contact details: +971 2 657 7634, email: [fnb@adcountryclub.com](mailto:fnb@adcountryclub.com)





### **Outdoor Catering**

With a range of settings, from private venues to garden side banqueting and variety of food and beverage packages, the Abu Dhabi Country Club is a great choice for corporates as well as private occasions.

### **ADCC Garden (1000 sqm)**

A true highlight of the meeting space collection, the Garden offers one of Abu Dhabi's most distinctive outdoor function areas, measuring 1000 sqm and stretched across the shoreline of Abu Dhabi Country Club. It is ideal for the candle-light evening receptions and dinners.





### **Mondo Pizzeria**

“Mondo Pizzeria blends the simplicity of a pizzeria with the freshness of Italian Fine Dining”

Welcome to Mondo Pizzeria! The home of contemporary & traditional Italian cuisine. Our professional & international chefs' are taking you on a culinary journey with their expertise and experience preparing authentic recipes of Italy at Mondo Pizzeria. Our pizzas are baked with the finest ingredients in wood fired stove – creating a flavor that will transport to the lanes of Italy through your senses. If you're craving for quality Italian food in a casual and convenient dining ambience, Mondo Pizzeria is where you should be.

From our oven to our breads, you'll find our Pizzeria unmistakably Italiano. Try it!

For more information or reservations please contact:  
Tel: [+971 2 657 7785](tel:+97126577785)





### **Mondo Moderno**

Craving for a quick snack or craving for a tempting dessert? Visit the luxurious and cozy Mondo Moderno at Abu Dhabi Country Club located between the main reception and the Gym. The Western style café is known for its generous assortment of luscious pastries – an attraction that draws in dessert lovers from around the Capital. Take your pick from our refreshing menu – from gourmet coffee and tea to beverages and fresh juices. For our health-conscious visitors, we have delicious low-carb and heart-friendly fare, ready to be relished after a rigorous workout.

For more information or reservations, please contact:  
[+971 2 657 7760](tel:+97126577760) or email us at [fnb@adcountryclub.com](mailto:fnb@adcountryclub.com)







## Sardinia

“A culinary cruise along the shores of the Mediterranean”

The luxuriously elegant Sardinia restaurant in Abu Dhabi Country Club is the ideal destination for a gourmet in search of authentic Mediterranean cuisine. At Sardinia, our offering goes beyond great food. The personal touches that are added to each dish provide a luxurious and indulgent meal and enhance your fine dining experience.

Our professional & international chefs” are using their imagination and experience to create a generous culinary spread at Sardinia, spreading the freshness of the Mediterranean all around. The mouthwatering fare at the restaurant has the Chef’s unique touch and is a class apart. A new menu is introduced seasonally featuring a rich selection of finely crafted flavors.

With our chef’s personal interpretation of contemporary cuisine, with both traditional and innovative details, Sardinia invites you to savour the flavours of the Mediterranean.

For more information or reservations, please contact: Tel: [+971 2 657 7640](tel:+97126577640)





**Strike Out Bowling**

Our 4 lane Strikeout bowling alley is an ideal place for a fun family day out, corporate events, team building, children's birthday party venue or other various social events. The venue is available also for private hire.

On request, we offer a full food and beverage service, including licensed bar.

For more information or reservations, please contact: [+971 2 657 7781](tel:+97126577781)





### Spacewalk

Spacewalk Indoor Skydiving tunnel is the first indoor skydiving facility in the Middle East. It's your opportunity to experience the pure exhilaration of a free-fall or skydiving without jumping out of an airplane or using a parachute.

No previous experience is necessary for your Spacewalk experience. You just need a sense of adventure and fun and you're ready to fly! A quick and easy to understand training class by our instructors will explain everything you need to know for your flight.

For more information or reservations, please contact:  
[+971 2 657 7601](tel:+97126577601) or email us at [spacewalk@adcountryclub.com](mailto:spacewalk@adcountryclub.com)



## Membership Fees

Type	Single Female	Single Male	Couple	Family
1 Year	5250 AED	10500 AED	14700 AED	15750 AED
6 Months	3675 AED	6300 AED	8400 AED	9450 AED
3 Months	2100 AED	3675 AED	5250 AED	6300 AED

Family membership up to 4 children, up to the age of 17 years.

Single member must be 17 years old or above.

Single male membership requires company letter stating the applicant work status.

### Membership includes:

- Unlimited Group Fitness Classes
- Gymnasium (ladies only and mixed)
- Use of Tennis, Squash and Padel (outdoor) courts
- Swimming Pool, Sauna and Steam Room
- Day Use Lockers and Towels
- WiFi Connection (in allocated locations within the club premises)
- Additional Discounts for Services

### Note:

Additional charges apply for the Bowling Alley (105 AED/ hour | 63 AED /30 min. | 21 AED/ per game), Personal Training, Group Fitness Classes, Food & Beverage Services, The Club SPA services.

Valid Identification is required to be left in reception when a locker key is required.



