

tennis & padel stages

Spend a few days in Alt Empordà and enjoy the facilities at Club Tennis Figueres for a unique experience surrounded by tennis and padel!



TRAINING PROGRAM

MORNING

• 9.30 h - 11.00 h: training

• 11 h - 11.30 h: break and rest

• 11.30 a 13.00 h: training

MIDDAY

• Lunch at the Club Tennis Figueres Restaurant

AFTERNOON

Excellence / Full packages, 1h15 matches

METHODOLOGY

- Technical and tactical work
- Physical and psychological training
 Match analysis
- Point preparation



STAGE BASE

3 hours of training daily
Groups of 3 or 4 people maximum
Coaches certified by the Catalan Federation
Lunch at the Club Tennis Figueres Restaurant

STAGE EXCELLENCE

3 hours of training daily
Groups of 3 or 4 people maximum
Coaches certified by the Catalan Federation
Lunch at the Club Tennis Figueres Restaurant
1h15 match in the afternoon with local players

STAGE FULL

3 hours of training daily
Groups of 3 or 4 people maximum
Coaches certified by the Catalan Federation
Lunch at the Club Tennis Figueres Restaurant
1h15 match in the afternoon with local players
Accommodation in a **** hotel in Figueres



PRICES AND DAYS

	3 days	5 days	7 days
base	220 €	250 €	445€
excellence	350 €	400€	725 €
full	460 €	460 €	985 €

EACH PACKAGE ALSO INCLUDES

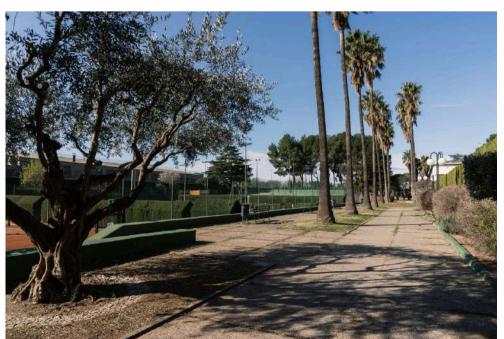
- Evaluation and individualization of objectives
- Stage technical T-shirt
- Constant monitoring of the stay by the coordinator and coach (French, English, or Spanish)
- Guaranteed technical and tactical improvement
- Rain insurance (option to use an indoor facility for an additional €20 per person/day)

EXTRAS

Dalí Museum / Costa Brava / Girona /
 Barcelona visit • Pick-up and transport service

• Leisure activities:

go-karting, bowling, cinema, etc.



WHY CHOOSE CLUB TENNIS FIGUERES?

- Expert coaches to help you improve quickly
- A welcoming club environment perfect for combining sport and pleasure
- Empordà, a spectacular area to discover after your sports sessions

WANT TO ORGANIZE YOUR STAGE AND JOIN US?

Don't miss this opportunity to experience something unique! Places are limited, so contact us as soon as possible to book your stage.

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WE'RE WAITING FOR YOU!

FIGUERES EXPERIENCE tennis & padel stages

