



# FIGUERES EXPERIENCE

## 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!



**CLUB TENNIS  
FIGUERES**

# 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
- **Point** preparation
- **Match** analysis



## 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

	<b>3 days</b>	<b>5 days</b>	<b>7 days</b>
<b>base</b>	220 €	250 €	445 €
<b>excellence</b>	350 €	400 €	725 €
<b>full</b>	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.

WhatsApp: **+34 621 25 31 81**

Email: **[escola@clubtennisfigueres.com](mailto:escola@clubtennisfigueres.com)**





# OUR FACILITIES





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**WE'RE  
WAITING  
FOR YOU!**

**FIGUERES  
EXPERIENCE**  
**tennis & padel stages**



**CLUB TENNIS  
FIGUERES**