

ADULTS

programme 2007-2008

1. DESCRIPTION OF ADULT PROGRAMME

These are personalised programmes for players seeking to enjoy this wonderful sport in a relaxed atmosphere, having fun in a great city like Barcelona.

The player may choose his or her programme according to the length of the stay and the interest in also participating of a physical preparation programme.

Training is carried out by the Sánchez Casal Academy technical staff in groups of 3-5 players.

Adult programmes offer players the possibility to train with the world's top professionals, over weekly periods.

The programme can be combined with language instruction. Two options are available for the Weekly Adult Programme:

WEEKLY PROGRAMMES (Monday to Friday)

- BRONZE WEEKLY PROGRAMME
 - Monday to Friday 2 hours of Tennis Training in court
- SILVER WEEKLY PROGRAMME
 - Monday to Friday 2 hours of Tennis Training in court
 - Monday to Friday 1 hour of Physical Training "Silver Physical Programme"
- GOLD WEEKLY PROGRAMME
 - Monday to Friday 2 hours of Tennis Training in court
 - Monday to Friday 1 hour of Physical Training "Gold Physical Programme"

WEEKEND PROGRAMMES (Friday, Saturday and Sunday)

- SILVER WEEKEND PROGRAM
 - 2 hours daily of Tennis Training in court Friday afternoons.
 - 2 hours daily of Tennis Training in court Saturday and Sunday mornings.
- GOLD WEEKLY PROGRAM
 - 2 hours of Tennis Training in court Friday
 - 4 hours of Tennis Training in court Saturday and Sunday
 - Physical Programme

ONE DAY PROGRAMME (Monday to Friday)

- 2 hours of Tennis Training in court

2. CONTENIDO DE LOS PROGRAMAS PARA ADULTOS

The Tennis Programme Includes:

- Level Evaluation and Player Placement in a group of maximum 4 players.
- Court Training:
 - Work with ball cubes
 - Correction of basic shots
 - Training in real match situations
- Individualized Report
 - Analysis of Game Pattern
 - Conclusions and Suggestions

The Physical Preparation Programmes Include:

- Silver Physical Preparation Programme
 - Health Questionnaire and General Physical Evaluation, through Cardiovascular and Strength tests.
 - Elaboration of a daily routine, directed during the days for posterior individualized work.

- Gold Physical Preparation Programme
 - Health Questionnaire and General Physical Evaluation, through Cardiovascular and Strength tests.
 - The student will be able to choose one of the following “packs” to work with a personal trainer during the week in 1-hour daily sessions:
 - Physical Preparation Programme specifically for Tennis
 - Integral Physical and Injury Prevention Programme for common tennis injuries such as: knee-ankle, shoulder-elbow, back.
 - Weight Loss Programme

- Weekend Physical Preparation Programme
 - Health Questionnaire and General Physical Evaluation, through Cardiovascular and Strength tests.
 - Elaboration of a basic routine, to work individually.

3. TIMETABLES

The Adult Tennis Programmes are carried out from Monday to Friday in the morning or afternoon, depending on what best suits the customer and the Academy's time availability. Both options can be combined with a language programme of two hours per day. Registration is possible during any time of the year.

4. REGISTRATION

Registration in the Adult Tennis Programme, in either of the two options, will be formalised by filling out the online preregistration, the registration form, which must be signed by the student.

Registration will be made at least one month in advance and will not be final if not accompanied by full payment for the period of activity.

Formalisation of the registration implies acceptance of the general programme conditions described herein, as well as acceptance of the Internal Regulations of the Sánchez Casal Tennis Academy.

4. WEEKLY PRICES

○ GOLD WEEKLY PROGRAMME (1 week)	750 €
○ SILVER WEEKLY (1 week)	605 €
○ BRONZE WEEKLY (1 week)	475 €
○ GOLD WEEK-END PROGRAMME (3 days)	500 €
○ SILVER WEEK-END PROGRAMME (3 days)	290 €
○ ONE DAY	160 €

(7% Iva Incluido)

5. INCLUDED IN THE WEEKLY ADULT PROGRAMME

- Tennis and Physical Training Programme
- Club Membership

6. LODGING

The Academy offers an agreement with the Tryp Barcelona Airport****, located walking distance from the sports facilities, 200 metres from the tennis courts, with the following fares:

WEEKLY PROGRAMME 6 nights from Sunday to Saturday

Single Room (Lodging and Breakfast)

642 €

WEEKEND PROGRAMME 2 nights. Friday and Saturday

Single Room (Lodging and Breakfast)

214 €

(7% Iva Included)