

PERFORMANCE CAMPS



Intensive tennis and fitness program.

Our performance programs are designed for players who wish to benefit from a high-level program of tennis and physical training for one or more weeks.

Performance Camps (September – June)

Performance camp age 12-15

890 Euro per week

Check-in on Sunday afternoon

Mon/Tues/Thur/Fri

11h-12h30 Tennis

12h30-13h30 Lunch

13h30-14h30 Tennis

14h30-16h00 Fitness

Wedn

8h00-9h30 Fitness

9h30-11h00 Tennis

Check-out on Saturday morning

11,5 hours of tennis and 7,5 hours of fitness per week

Performance camp age 16-18

1000 Euro per week

Check-in on Sunday afternoon

Mon/Tues/Thur/Fri

11h-12h30 Tennis

12h30-13h30 Lunch

13h30-14h30 Prevention (except on Tuesday)

14h30-16h00 Tennis

16h00-17h30 Fitness

Wedn

9h00-11h00 Tennis

11h00-12h30 Fitness

Check-out on Saturday morning

14 hours of tennis and 10,5 hours of fitness per week

Pro Track camp

1050 Euro per week

Check-in on Sunday afternoon

Mon/Tues/Thur/Fri

9h-11h Tennis

11h-12h30 Fitness

12h30-14h30 Lunch

14h30-16h15 Tennis

16h15-17h15 Fitness

Wed

9h30-11h00 Fitness

11h00-13h00 Tennis

13h00-14h30 Lunch

15h30-16h30 Fitness

17 hours of tennis and 12,5 hours of fitness per week

Summer Performance Camps (July-August)

Performance camp age 12-18

1000 Euro per week

Check-in on Sunday afternoon

Monday to Friday

9:00-10:30 Fitness

10:45-12:15 Tennis

12:30-13:30 Lunch

13:45-15:15 Tennis

15:30-16:30 Prevention

Check-out on Saturday morning

3 hours of tennis and 2,5 hours of fitness per day

Pro Track camp

1050 Euro per week

Check-in on Sunday afternoon

Monday to Friday

8:45-10:45 Tennis

11:00-12:30 Fitness

12:30 – 13:30 Lunch

14:00-15:00 Prevention

15:15-16:45 Tennis

Check-out on Saturday morning

3,5 hours of tennis and 2,5 hours of fitness per day

Boarding

Full boarding, for players aged 12 and over, includes the housing in our residence with other players, and the supervision by the manager of the accommodation. Full boarding also includes all meals and transport from the accommodation to and from the Justine Henin Academy. The cost of boarding is 500 Euro per week.

Drive me safely

If you need transportation to/from the airport, we can organize it for you. Please let us know when you register for your program.

Prices and services included

	All year
Accommodation: Double occupancy	500€/week
Rental Guarantee	500€
Transportation: to and from Brussels airport	55€
to and from Charleroi airport	75€
Breakfast/Lunch/Dinner	All programs with boarding
Transportation: Residence-Academy-Residence	Included in Boarding
Club Membership – Use of Facilities	Included
Wifi Access Club/Residence	Included
Physical Therapy check-up	Included
Federation License	25€
Registration Fee	Included

JUSTINEHENIN **ACADEMY**

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