

# WEEKLY TRAINING CAMPS



JUSTINEHENIN  
ACADEMY

FOR PLAYERS AGE 12-18

# JUSTINEHENIN ACADEMY

The weekly program is designed for players who want to benefit from a complete tennis physical training during one or several weeks. Players are taking part in 2 daily sessions and 2 physical sessions.

The weekly intensive program is available during the whole year, but the places are limited.

## **PROGRAM DESCRIPTION**

Sunday:

- Arrival day.

Monday/Tuesday/Thursday/Friday:

- 3 to 3.5 hours of tennis
- 2 to 2.5 hours of physical conditioning.

Wednesday:

- 1,5 to 2 hours of tennis.
- 1,5 to 2 hours of physical conditioning.
- 45 min. of prevention.

## **BOOST YOUR CAMP!**

You can also add individual tennis lessons to get more out of your program. If you are interested to BOOST YOUR CAMP let us know when you register for your WEEKLY PROGRAM.

## **BOARDING**

The full boarding includes the housing in rooms and the accommodation manager supervision. This includes meals and transportation from housing to the tennis facilities.

Full boarding at the academy is available for players from 13 years of age and over. Boarding includes 3 meals/day, 2 players/room, transportation and activities.

## **DRIVE ME SAFELY**

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

## PRICES AND SERVICES INCLUDED

	<b>Sept-March</b>	<b>April-August</b>
<b>Tennis and Physical Program</b>	1000€/week	1100€/week
<b>Accommodation:</b>		
<b>Single</b>	x	x
<b>Double</b>	400€/week	550€/week
<b>Quadruple</b>	x	x
<b>Rental Guarantee</b>	500€	500€
<b>Transportation:</b>		
<b>to and from Brussels airport</b>	55€	55€
<b>to and from Charleroi airport</b>	75€	75€
<b>Laundry</b>	25€/week	25€/week
<b>Breakfast</b>	Boarding Only	Boarding Only
<b>Lunch</b>	All programs Monday to Friday	All programs Monday to Friday
<b>Dinner</b>	Boarding Only	Boarding Only
<b>Transportation: Academy- Residence-Academy</b>	Boarding Only	Boarding Only
<b>Club Membership – Use of Facilities</b>	Included	Included
<b>Wifi Access Club/Residence</b>	Included	Included
<b>Physical Therapy check-up</b>	Included	Included
<b>Federation License</b>	25€	25€
<b>Registration Fee</b>	Included	Included
<b>BOOST YOUR CAMP! Individual Lesson</b>	65€ per hour	65€ per hour

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# JUSTINEHENIN **ACADEMY**

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**BELGIUM**

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