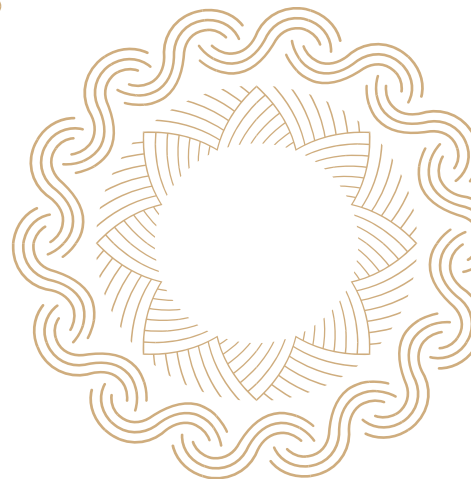

NAVARINO

RACQUET ACADEMY

COSTA NAVARINO







The ancient Greeks took sports very seriously. Even before the first Olympic Games in 776 BC, Homer makes extensive reference to athletic contests in both the Iliad and the Odyssey.

A form of badminton is thought to have first been played in ancient Greece. And when Major Walter Clapton Wingfield of the British army introduced lawn tennis to the world in 1873, he called it Sphairistike, which derives from a Greek word for an ancient ball game.

Sports were an integral part of life in ancient Greece and today this long tradition continues in spirit and practice at the Navarino Racquet Academy.

PERSONAL DETAILS:

First name:

Last name:

E-mail:

Contact number:

Date(s) of stay:

Type of residence:

Activities you would like to attend (please tick appropriate box):

OUTDOORS

Tennis

Mini tennis

Padel

INDOORS

Squash

Badminton

Table tennis

SEASIDE

Speedminton

Beach tennis

Beach racquets

Tennis

The Academy is open mornings and afternoons from Monday to Friday.
Special events and tournaments are organized at weekends for adults and kids.

Services attending (please check):

TYPE	DURATION	PRICE
*Court Rental (balls, rackets & lights: not included)	1 hour	20 €/per court
*Court Rental (balls & rackets: included)	1 hour	30 €/per court
*per additional hour in the same day	1 hour	10 €/per court
*Private lessons (1 or 2 persons)	1 hour	50 €
*Adult Clinic (2-4 players)	1 hour	30 €/per person
*Junior Clinic (2-4 players)	1 hour	25 €/per person
*Double play women/men/mixed (4 players)	1 hour	20 €/per person
VIP package on request / 10 days prior notice (private lesson with our academy tennis coach & Dartfish training solutions)	4 hours	300 €

NEW SERVICES

Package 1 (private lesson)	3 hours	135 €
Package 2 (private lesson)	5 hours	210 €
Package 3 (private lesson)	7 hours	290 €
Family 1 (private lesson, family members play at the same time, using two courts)	2 hours	80 €
Family 2 (private lesson, family members play at the same time, using two courts)	4 hours	150 €
Let's play (When you rally, with a Pro)		40 €
Ball machine rental		30 €

OPERATIONAL HOURS 08:00 am - 12:00 noon / 06:00 pm - 10:00 pm

Note: Upon your request, courts and coaches are available at 7:00am-8:00am and 5:00pm-6:00pm. Please, contact with us 48 hours prior.

* plus 7€ court for lights

Mini Tennis

The Mini Tennis Academy uses specific equipment to aid success. Our coaching program is specially adapted to the needs of kids.

The main purpose is for children to learn the basic technical skills of tennis in an informal, fun environment. The Academy courses (4-6 children) run weekly.

AGE GROUP	DURATION	PRICE
4 to 9 year olds	45 minutes weekly	20 €/per child
	3 hours weekly	50 €/per child
	5 hours weekly	75 €/per child

**check the weekly program*

Padel

TYPE	PRICE
*Court Rental (balls, rackets & lights: excluded)	20 €
*Court Rental (balls & rackets: included)	30 €
*Per additional hour in the same day	10 €
*Private lessons (1 or 2 persons)	50 €

**plus 7€ / court for lights*

Squash

TYPE	PRICE
*Court Rental (<i>balls, rackets: excluded</i>)	20 €
*Court Rental (<i>balls & rackets: included</i>)	30 €
per additional hour in the same day	10 €

Badminton

TYPE	PRICE
Court Rental (<i>shuttlecocks & rackets: excluded</i>)	15 €
Court Rental (<i>shuttlecocks & rackets: included</i>)	25 €
per additional hour in the same day	10 €

Table Tennis

Table Rental (<i>balls & bats: included</i>)	free of charge
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Speedminton

Court Rental (<i>balls & rackets: included</i>)	free of charge
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Beach Tennis

Court Rental (<i>balls & rackets: included</i>)	free of charge
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Beach Racket

Court Rental (<i>balls & rackets: included</i>)	free of charge
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*on request

PRIVATE LESSONS & COURT RESERVATION

Time and day preferences (please check as appropriate):

PRIVATE LESSON

Month

Day

Hour

RESERVATION OF COURT

Month

Day

Hour

(refer to the weekly program).

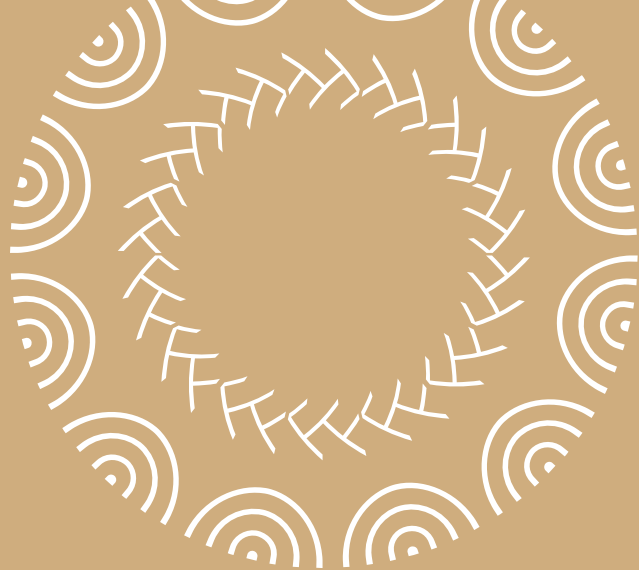
ABILITY LEVEL (TENNIS):

Adult Male Female Child Age

Select level of experience (please tick appropriate box):

- | | | |
|--------------------------|------------------------|--|
| <input type="checkbox"/> | Beginner 2.0: | Needs on-court experience. Avoids backhand and has grip problems. Inconsistent with incomplete strokes. |
| <input type="checkbox"/> | Adv. Beginner 2.5: | Has stroke weaknesses but is familiar with basic court positions. |
| <input type="checkbox"/> | Intermediate 3.0: | Basic knowledge of strokes. Inconsistent when trying for placement depth or power. Has recently become involved in competitive match play. |
| <input type="checkbox"/> | Adv. Intermediate 3.5: | Starting to develop a wider variety of strokes using pace and spin. |
| <input type="checkbox"/> | Advanced 4.0: | Dependable strokes utilizing spin, power and placement. Good court coverage. Regular league player. |
| <input type="checkbox"/> | Highly Advanced 4.5: | Copes with pace well while using power and spin. Utilizes variety of tactics based on opponent's weakness. |
| <input type="checkbox"/> | Tournament 5.0: | Strong, shot anticipation, aggressive player. Power and consistency are major weapons. |

NOTE: please tell us what you would like to work on during your session.



NAVARINO
RACQUET ACADEMY

NAVARINO DUNES, COSTA NAVARINO
For more info call **(+30) 27230 91129**
Ext. **81129** from within the resort

www.costanavarino.com