

## **TENNIS PROGRAM**

Tennis Club Haskovo organizes tennis programs for future professionals, which will be held on the tennis courts of the club in Haskovo, Kenana Park. In a beautiful atmosphere and on a perfectly equipped tennis facility, ambitious young athletes and their families will spend unforgettable moments and receive tennis lessons on a professional level. With the help of the highly qualified and experienced coaches, the participants in the tennis programs will reach the next level of their development and will receive a solid foundation for their future sports realization.

If you want to improve your tennis skills and learning from the best, join the tennis programs organized by us!

**TENNIS PROGRAM /PRO/**

8:45 - 9:00 - Morning footing

9:00 - 11:00 - Tennis court – technique and drills

11:00 – 11:30 - Rest, fruits

11:30 - 13:00 - Fitness and condition training

13:00 - 15:30 - Lunch

15:30 - 17:00 - Tennis court – technique and drills

\*After additional payment can be provided:

- Massage;
- Additional individual lessons;
- A supervisor for the children, which are not accompanied by their parents;
- English lessons;
- Providing the accommodation and entertaining tourist program for the parents- SPA, swimming pool, visiting of tourist sightseeing, excursions.

**The program is run throughout the whole year.**

**All that apply in the program will be tested of the physical and tennis abilities**

**The above daily schedule of the program is exemplary and subject to adjustment.**

**The program will be detailed after testing the player and according to his/her age, physical and technical tennis abilities**