
PRO PROGRAM ADULTS



*Intensive pro programs for
adults.*

INTENSIVE COURSES

¿Do you practice regularly but feel that your game is not improving?

Dedicating many hours of track time does not guarantee a good level. You must have clear technical guidelines and experts to help you identify and correct mistakes accumulated over time





SPORTS OBJECTIVES

- 1. TO REFINE THE TECHNIQUE OF SOME STROKES**
- 2. TO RAISE THE GAME TO A GLOBAL LEVEL**
- 3. TO PREPARE FOR A COMPETITION**
- 4. TO KNOW HOW TO ANALYZE AND COUNTERACT THE OPPONENT'S GAME.**
- 5. LEARN STRATEGIES AT A TACTICAL LEVEL**



ANNUAL PROGRAM

- Ideal for adult tennis enthusiasts who want to make a long-term commitment to their athletic development. Our program offers a total immersion into the exciting world of tennis.



WEEKLY PROGRAM

- Designed to intensively improve your tennis game. The Adult Weekly Program offers an enriching and challenging experience that will help you achieve your athletic goals.



SUMMER STAGE FOR ADULTS



You will be part of a small group of players and share experiences with other passionate players like you, creating a close-knit and motivating community that will inspire you to give your best in every session.

It is aimed at adult players with some previous tennis experience that allows them to tackle a few consecutive days of training of a certain intensity. Tennis enthusiasts who want to take advantage of the summer opportunity to maximize their potential.

It is an opportunity to challenge yourself, push your limits and reach new goals in your game.

Our Coaching Team evaluates the group and coaches each player based on their level of play, athletic goals and level of involvement.

You will have the opportunity to work on your technical skills, perfect your tactical game and improve your fitness, all in a fun and motivating environment.

ADULTS PRO PROGRAM in CM Valencia Tennis Center



- **Intensive Tennis Training Minimum experience to tackle intense sessions**
- **ATP Coaches Personalized attention Small groups Maximum 4 players Matchplay Match Simulations**
- **Special Physical Preparation Directed by specialized technicians Welcome Pack Official CM Valencia Tennis Center T-shirt**

FITNESS TRAINNING

- Designed for those who want to acquire a demanding level of exercise and wish to acquire an excellent overall fitness level. This program offers you a dynamic and motivating fitness experience.





OSMEL RIVERA



ROBER GARCÍA



JUAN CRUZ



LUIS CRIOLLO



YULI SMITH

COACHES



**JOSEP AUNES
COORDINATOR**

PRICES

PRO FULL DAY	PRO HALF DAY	PRIVATE LESSONS		
500,00€ WEEK	350,00 WEEK	1 PERSON 45,00€		
1.600,00€ MONTH	1.000,00 MONTH	2 PERSONS 55,00€		

SCHEDULES

PRO FULL DAY	PRO HALF DAY	PRIVATE LESSONS		
M – 8:00 A 12:00	M – 8:00 A 12:00	DE 8:00 A 16:00		
T – 14:00 TO 15:30				

PROGRAM STRUCTURE

PRO FULL DAY	PRO HALF DAY	PRIVATE LESSONS		
3,5 HORAS TENIS	2 HORAS TENIS	1H		
1H45 ´ FITNESS	1H45 ´ FITNESS	1H 30 ´		