



MINI CLUB (3 to 5 years old / half day - full time)

The day is divided into 4 sessions of 90 mins.
Morning: Tennis-swimming-circuits-games.
Afternoon: Art, ball games.

MINI TENNIS (5 to 7 years old)

Initiation to tennis technique
on court with adapted tools
8 kids max./ group

Mini-tennis half time:

2h Tennis + 1h of swimming)

Mini-tennis + Multisports, full time:

3h Tennis + 1h of swimming + 2h multisports

MULTISPORTS

Age groups: 7 to 9 or 10 to 12 years old.
12 kids / group.

Daily programme: 3h of team sports
1h tennis + 1h squash + 1h of swimming.

Team-sports: Mini football - hockey
mini basket - baseball

IMPROVE YOUR SWIMMING

At 16h, you can improve perfect your swimming
skills for 1h, 4 per group min & 6 per group max.

ART & SWIMMING (5 to 8 years old)

Morning: Art. 12 kids / group

Afternoon: Swimming and initiation to mini tennis
6 kids / group.

TENNIS (8 to 18 years old)

Improve all tennis strokes. Technique, tactics,
physical and mental
6 kids max. / group.

Tennis for half the time: (3h tennis in the morning
or 2h tennis + 1h swimming

Tennis full time: 3h Tennis in the morning
+ 2h in the afternoon + 1h swimming

SQUASH

Initiation or intensive training with 2 junior coaches.
Technique, tactics, mental and physical