

# 1. WEEKLY PADEL CAMPS

Immerse yourself in the iPadel experience.

**\*MEDICAL EXAMINATION REQUIRED - HISTORY, PHYSICAL EXAM, ECG, SPIROMETRY**



## PADEL & FITNESS CAMP ADULT

- 12 hours of technical padel training per week
- 5 hours of group fitness prep for padel
- 2 hours of physiotherapy
- Small group sizes (1:4 court-player ratio)

**MORE INFORMATION BELOW**

## PERSONALIZED PADEL CAMP ADULT

- 12 hours of padel training per week
- 1:1 court-player ratio
- 5 hours of group fitness prep for Padel
- 2 hours of physiotherapy

**MORE INFORMATION BELOW**











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## PADEL & FITNESS CAMP ADULT

### WHAT'S INCLUDED?

-  12 hours of technical Padel training per week (1/4 court/player ratio)
-  5 hours of group fitness preparation focused on Padel
-  2 hours of physiotherapy sessions by Recovery Strong Physiotherapy
-  Small groups with a 1/4 court-player ratio
-  IPadel welcome pack
-  Free access to relaxing facilities (ice bath, sauna)
-  Private parking
-  Photography included

### OPTIONS WITH ONBOARDING

- 6 nights accommodation at the Adina Hotel (4 minutes from IPadel)
- Affiliated hotel with swimming pool
- Free access to the fitness center
- 4 minutes shuttle travel from hotel and court

For more information, please email [hello@ipadel.au](mailto:hello@ipadel.au) or call us at +61 491 982 754












## 2. WEEKLY PADEL CAMPS

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### PERSONALIZED PADEL CAMP ADULT

#### WHAT'S INCLUDED?

-  12 hours of Padel training per week with a 1:1 court/player ratio
-  5 hours of group fitness focused on Padel
-  2 hours of physiotherapy sessions by Recovery Strong Physiotherapy
-  IPadel Welcome Pack
-  Access to IPadel ice bath and sauna
-  Personalized skill level assessment report
-  Private parking
-  Ranking adjustments by expert trainers
-  Photography included

#### OPTIONS WITH ONBOARDING

- 6 nights accommodation at the Adina Hotel (4 minutes from IPadel)
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