





# Contents

 New	Destination	Of Tennis

- 3 New Destination Of Tennis
- Tennis Courts
- 5 Tennis Courts
- The Club House
- The Club House
- Open Air Fitness
- 9 Open Air Fitness
- Corendon Playa Kemer
- 11 Corendon Playa Kemer
- Core Training Methodology
- Core Training Methodology
- Programs & Age Groups
- Programs & Age Groups
- Programs & Age Groups

# Discover Kemer, your new tennis destination!

Welcome to Corendon
Tennis Club, located in
the breathtaking resort
destination of Kemer,
Antalya. We offer a unique
combination of resort
holiday and tennis
accommodation, with a
range of top-notch
facilities to enhance your
experience.

Our vision is to provide our guests with an exceptional tennis play in an atmosphere that combines the natural beauty of green forests that are spread over the hills of the Taurus Mountains. Our mission is to provide a safe and welcoming environment

that caters to the unique needs of each player, from beginner to advanced. 14 clay courts are maintained to ensure optimal playability. With a central court designed for competitive matches, provide the perfect playing surface for players of all levels.

The Club House and cafe are the perfect places to relax after a long day on the court. With comfortable seating and a range of refreshments, you can socialize with other players and spectators while enjoying the beautiful surroundings.

Open Air Fitness area is perfect for those looking to stay in shape, with a range of equipment and space for warming-up and stretching.

We also offer a range of tennis lessons and training programs for players of all levels. Whether you're looking to improve your technique, strategy, or physical fitness, our expert instructors and coaching staff have everything you need to take your game to the next level. Whether you're looking for private lessons or coaching for juniors, we offer different levels of programmes.

"Join
Corendon
Tennis Club
surrounded
by deep
green pine
trees!"









# Experience tennis in the beauty of nature!

**Location:** The club is located in a prime location in a perfect nature, away from the noise of the city and with easy access for any player, spectator or guest.

Conveniently located only 45 km from Antalya Airport, the hotel offers hassle-free transportation options for incoming visitors. In addition, the beautiful beach, just 3 km away, offers a pleasant environment for relaxation and post-match fun. If you want to explore the surrounding areas, Goynuk town center is just a short 7-minute drive from the club.

**Court Dimensions:** All courts are built in accordance with ITF standards and can even host many events at international level, including ATP, WTA tournaments. A total of 5 courts including the center court are designed to be 20m x 40m wide and all the other courts 18.5m x 39m wide.

**Floodlighting System:** Our top-of-the-line lighting system provides sufficient illumination for evening, creating a perfect playing atmosphere. A total of 5 courts, including the center court, have a floodlighting system.

**Seating Area:** The club offers comfortable and spacious spectator seating, placed in a location that provides an excellent view of the court, perfect for tournaments and matches.

**Surface:** The courts'surface are made of high-quality Red Clay providing for players to perform their best. We offer the best surface for the players considering the climatic conditions.

**Irrigation System:** Our state-of-the-art irrigation system keeps the clay court perfectly moist, preventing it from becoming too dry or dusty, providing the ultimate playing experience.

**Court Maintenance:** Court maintenance is done daily by court staffs who are specialized in this field. In addition, annual maintenance is not neglected to provide better protection in seasonal conditions.

**Racket Stringing:** Every tennis player seeks the perfect balance between power, control, and feel when they step onto the court. We offer our expert tennis racket stringing service, designed to elevate your game and optimize your performance.

**Security:** We ensure the safety by maintaining a team of dedicated security personnel who are available 24/7. In addition, we have strategically placed state-of-the-art security cameras throughout the premises to monitor and record any suspicious activities, providing an extra layer of protection.

**Internet:** Stay connected on and off the court with our Wi-Fi Internet at the Tennis Club. Enjoy uninterrupted connectivity, during your tennis journey.

**Transportation:** There is a shuttle service between hotel and tennis club. Also you can have more information for airport and city transfer with as an extra service.

**Locker Rooms:** Our locker rooms with showers and toilets provide the comfort and convenience for player. Additionally, we offer password-protected lockers for the players, allowing individuals to securely store their belongings.

**Parking Lot:** The club provides parking for players, coaches, and spectators, making it convenient and easy to access.





## Relax at the Club House!

Welcome to The Club House, where you can unwind and enjoy some delicious food and refreshing drinks.

With the inviting ambiance The Clubhouse is the right place to relax and socialize with friends, also to catch your breath and revitalize your energy. Our menu offers a diverse range of dishes, fresh and local ingredients. Select from ideal snacks and meals between your training sessions.

From energizing salads to healty grain bowls, our culinary team has created a unique experience that is sure to satisfy every palate and leave you feeling energized.

Corendon Tennis Club offers a peaceful and relaxing environment at The Club House with its lush greenery of nature where you can savor a delicious snack and selection of refreshing drinks, as well as a variety of hot and cold beverages. "Take a breath and escape to the nature for a unique tennis experience!"







# Refreshing Breeze of Open Air Fitness!

Introducing our newest addition to the tennis club - the Open Air Fitness!

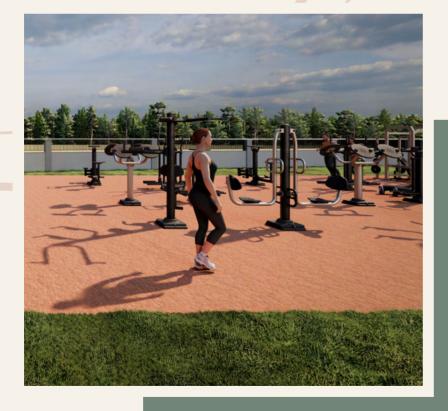
Fitness is an essential part of being a successful tennis player. That is why Corendon Tennis Club offers a wide range of fitness equipment and facilities to help you stay in top shape. Whether you prefer to work out on your own or with a trainer, we have everything you need to improve your physical fitness and enhance your game.

Our fitness facilities include a wide range equipments such as Spinning cycles, jump boxes, ropes, TRX, a variety of free dumbells and kettlebells, medical balls and balance boards within a stretching zone and outdoor training spaces that take advantage of the natural surroundings.

Regular fitness training can help you to improve reaction times on the court, as well as enhance your mental toughness, focus, and confidence. By prioritizing your physical fitness, you can increase your endurance, strength and agility on the court. Experience a whole new level of fitness as you breathe in the fresh air and soak up the sun while working out.

Jogging around the tennis courts and incorporating breathing exercises into your routine can be a great way to improve your overall fitness for tennis. Stay motivated with our expert trainers who will guide you through various fitness routines tailored to your needs.

After your workout, enjoy our on-site facilities and relaxation areas to help you unwind and recover!



"Reconnect with nature join us for a healthier and happier lifestyle!"





# **Discover Corendon Playa Kemer!**

At Corendon Tennis Club, we believe that a great tennis experience is not just about the courts, it's about the entire holiday. That's why we offer a unique combination of top-notch tennis facilities and luxury accommodation at Corendon Playa Kemer.

When you book a tennis group with us, you can enjoy your stay at the beautiful Corendon Playa Kemer hotel, which is just 2 km away from our courts. We offer complimentary shuttle services to and from the courts, so you can focus on your game without worrying about transportation.

At Corendon Playa Kemer, you can relax in style with a range of luxurious amenities. From our indoor heated pool to our delicious restaurants, you can unwind in between tennis matches and enjoy all that this beautiful resort destination has to offer.

"Be ready for memory making moments!"

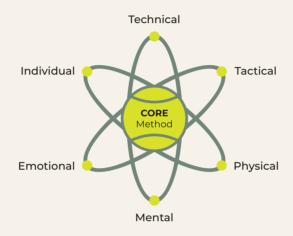






# Help your journey for key stepping stones!

The CORE training system is designed for all level of players to improve their technical, tactical, mental, physical and emotional strengthness. The method contains individualised programs for each age groups. Our aim is to carry each player to the highest point that we can reach within own potential.



Each of the players, regardless of their age, experience, tennis background, success ranking, is equally benefited from all the opportunities that the academy has. All Corendon Tennis Club administrators, coaching staff and players act by adopting the ITF Code of Ethical Conduct.

**Game Style:** Considering the technical, physical, tactical and mental characteristics of the players, studies are carried out to develop the most appropriate play style for them. Also, a game adopted by the player has a strong influence on style development.

Game Strategies and Tactical Choices: Tactical thinking involves athletes approaching their opponents realistically as well as themselves, using tactical skills quickly, sensing the opponents' movements and taking counter action. While strategic planning of the players, their strengths and weaknesses are determined and they are adapted to the upcoming tournaments.

**Athletic Development Program:** Each player is evaluated individually and their progress is followed. Maximizing the athletic potential of each player is the main goal of the program. Players are included in the most suitable, high-performance physical training program for them.

**Training Matches:** In addition to the technical training of our players, match trainings, points games, short and long set matches, double matches, cross points, etc. applied within the program. Games are part of our education system. With the tournament matches organized within the academy, the match psychology of the players is observed and they get used to fighting despite the pressure in the matches.

**Mental Development:** Tennis is one of the sports in which both physical and mental processes are used intensively. It is part of our program to develop mental skills and disciplines to enable our players to reach their maximum mental potential in a competitive environment.

**Tournament Planning and Organization:** Considering the goals set for our players and age groups camps & tournaments are specially planned for each of our players within programmes.

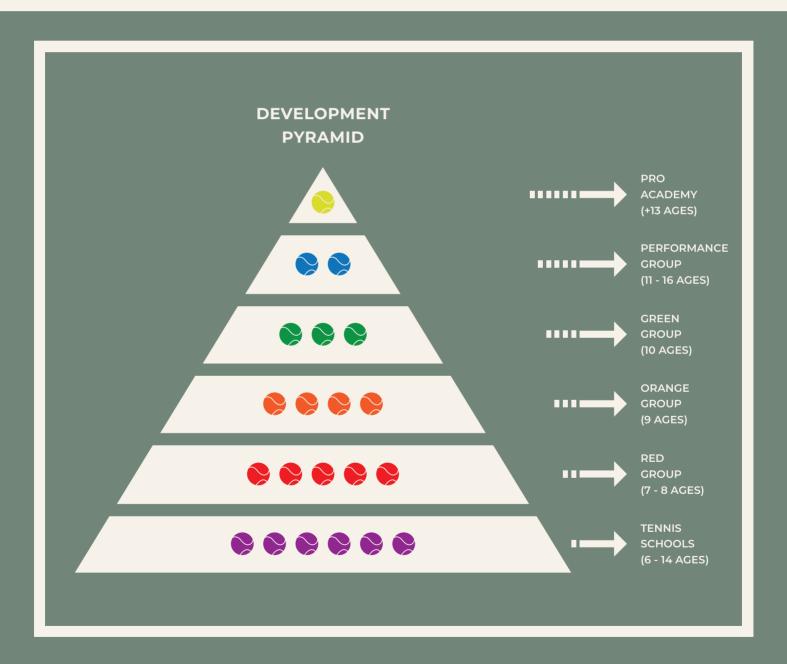




# **Tailored Training for All Age Groups!**

Our comprehensive tennis programs cover every aspect of the game, from basic techniques to advanced strategies. Our experienced coaches use CORE Method, including group and individual lessons, to help players improve their skills and achieve their goals.

Our tennis lessons are designed for all age groups, from young children to adults. We offer specialized programs for each age group to ensure that every player receives the best instruction and support tailored to their specific needs.



### Tennis Schools (6 - 14 Ages)

2 days weekly / 1 hour 15 minutes per day. training / Max. groups of 8 people.

### Red Group (7 - 8 Ages)

3 days weekly / 1.5 hours of training per day.

### Orange Group (9 Ages)

4 days weekly / 1.5 hours of training per day.

### Green Group (10 Ages)

5 days weekly / 1.5 hours of training per day.

### Pro Preparation Group (11 - 16 Ages)

5 days weekly / 1.5 hours a day training / Conditioning.

### Pro Group (11 - 16 Ages)

6 days weekly / 2 hours a day training / Condition / Mental / Nutrition.

### Pro Academy (+13 Age)

6 days weekly / 3 Teams Training / Conditioning / Daily 3 days weekly 1 on 1 Training / Mental / Nutrition / Calendar Planning

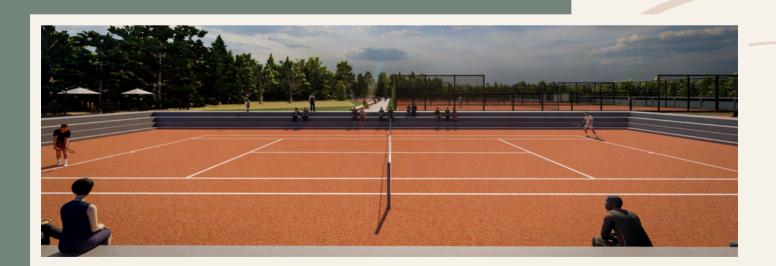
### Beginners Group (+18 Ages)

2 days weekly /1 hour of training per day / Max. groups of 8 people.

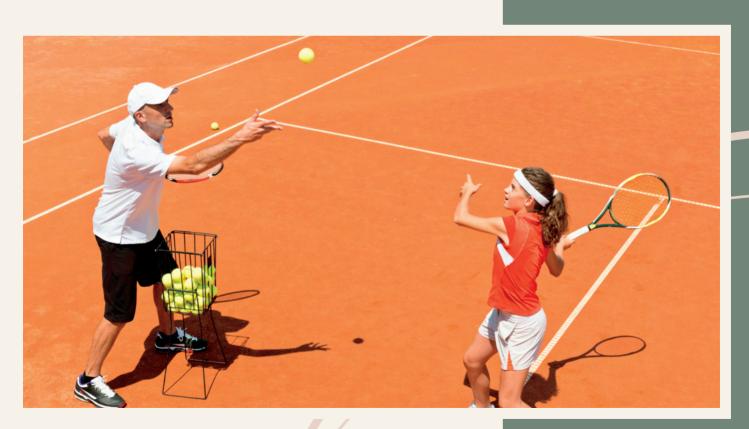
### Senior Academy (+18 Ages)

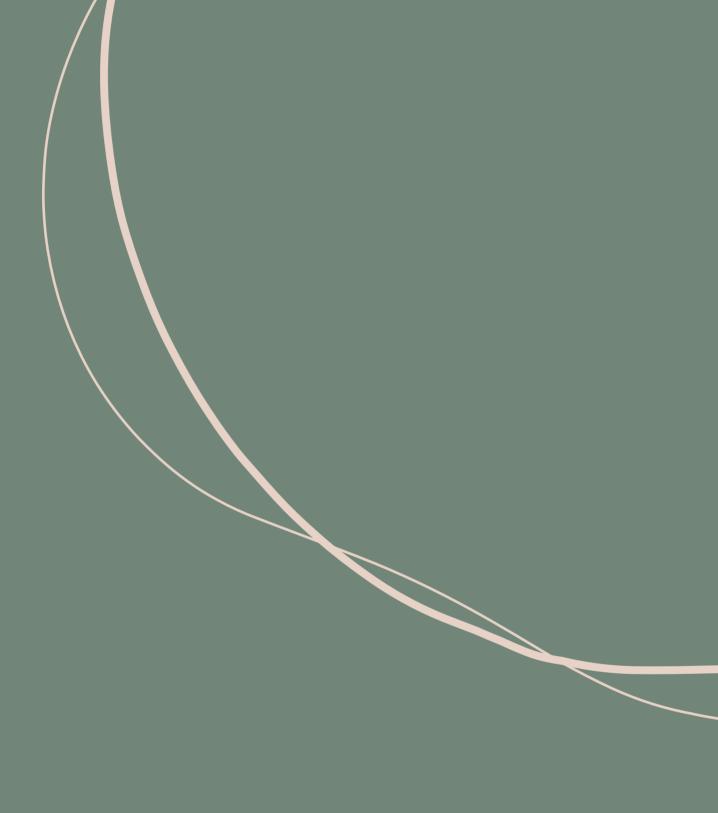
2 days weekly / 1.5 hours of training per day / Max. groups of 4.

### Private & Group Tennis Lessons (All Age Groups)











Corendon Tennis Club: Göynük Mah. Zübeyde Hanım Cad. No:26 Kemer - Antalya / TÜRKİYE T: +90 (242) 407 00 00 F: +90 (242) 352 17 17 Call Center: +90 444 4 885

Corendon Hotels Turkey HQ: Güzeloba Mah. Çağlayangil Cad. No: 29/B 07230 Muratpaşa - Antalya / TÜRKİYE T: +90 (242) 407 00 00 F: +90 (242) 352 17 17 Call Center: +90 444 4 885









