



# Walter Grünfeld

Tennis Academy



## About Us

---

The Walter Grünfeld Tennis Academy is an international training centre located in the heart of Barcelona and one of the best tennis academies in Spain, with a professional approach to the game and the steps you should take to built a career as a professional player capable to get into the ATP list.



# Our Team



**Walter Grünfeld**

Executive Tennis Director



**Tomy Arias**

Tennis Director



**Javier Perez**

Fitness on Court Director



**Bogdan Djurdjevic**

Coach Assistant and Sparring



**Natalia Krohomer**

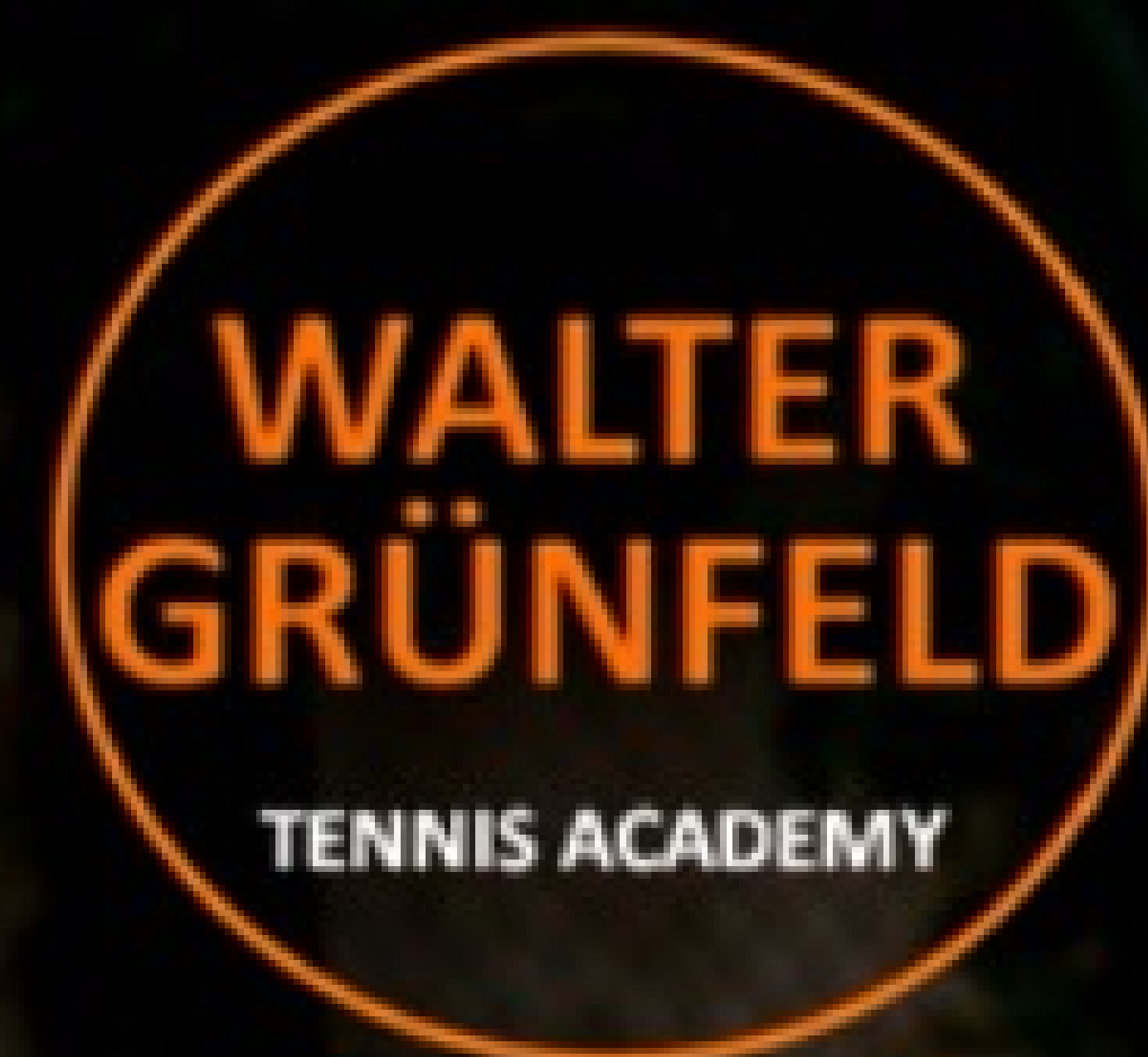
Fitness Gym Coach and  
Pre Season Director



**Jordi Busom**

Physiotherapist and  
Injuries Recovering.

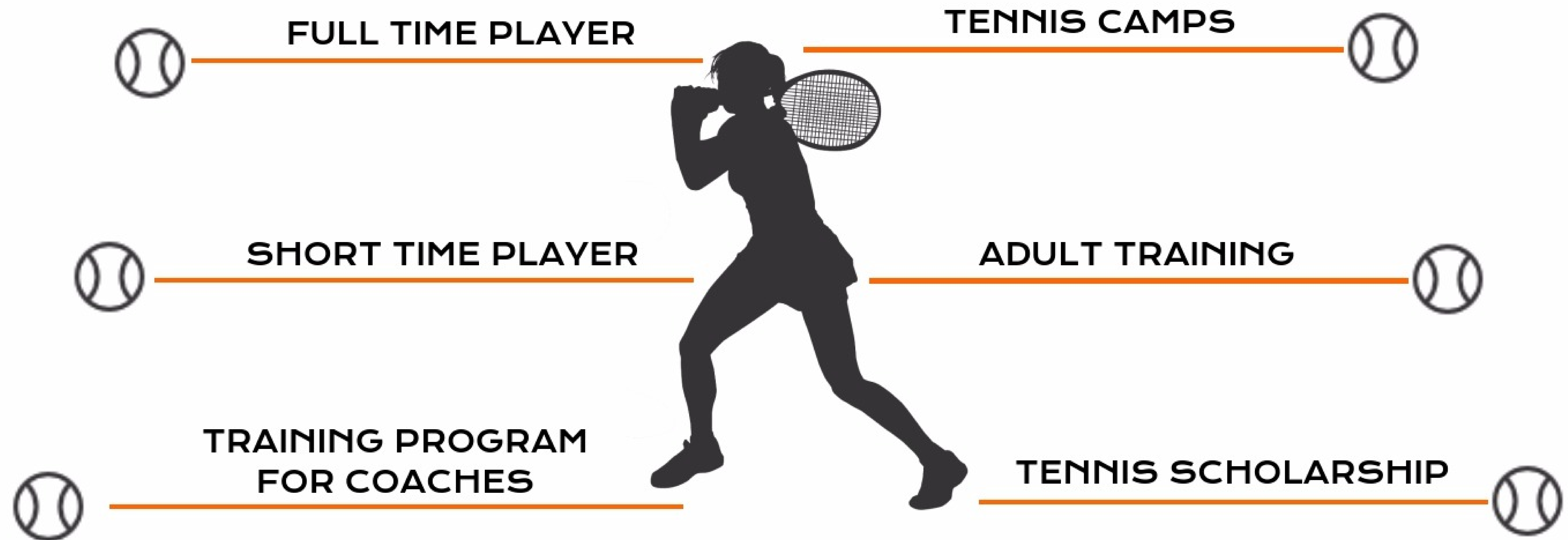




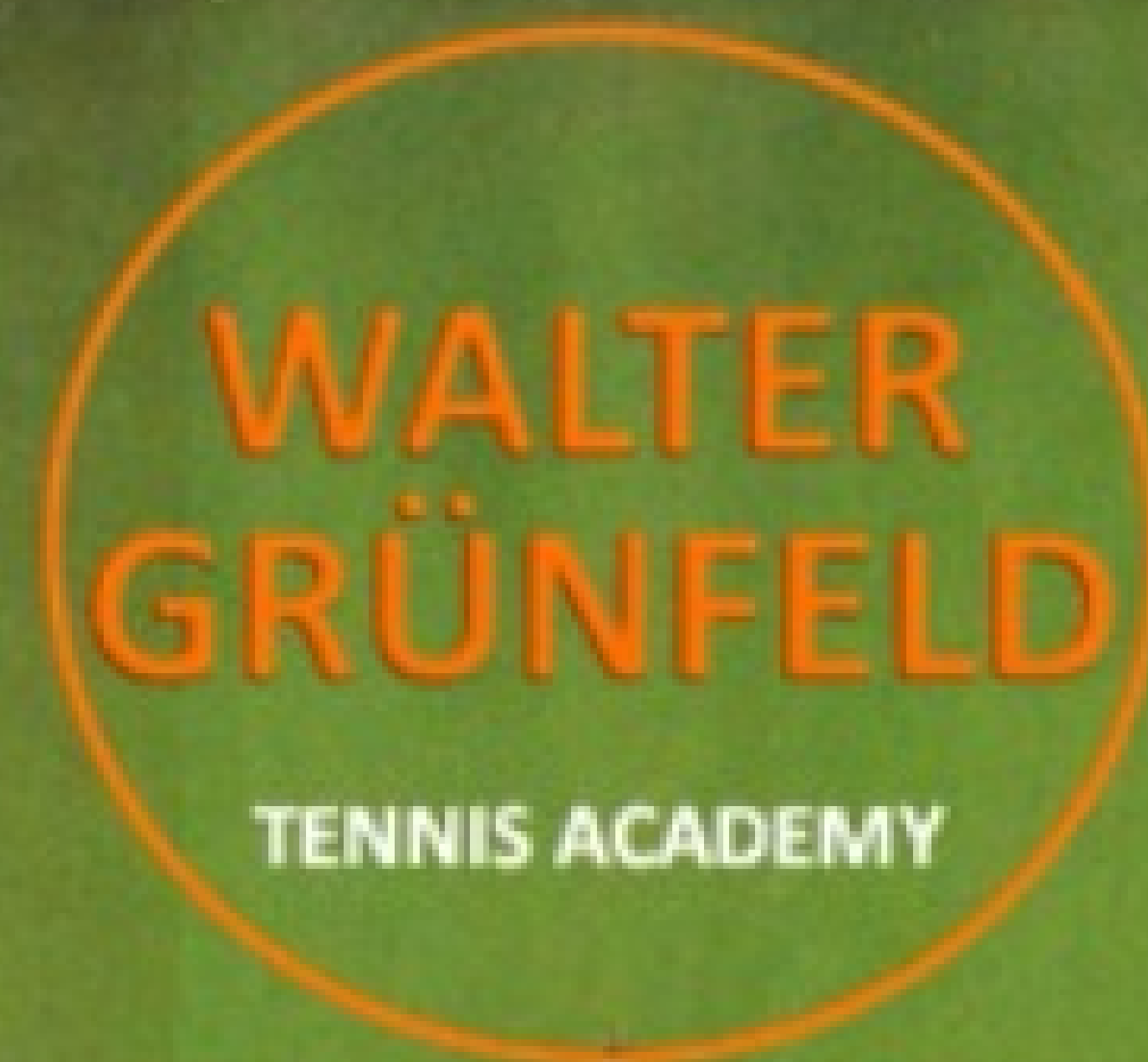
# Our Programs



# Our Programs







**FULL TIME PLAYER**



# Full Time Player

In order to cover all our player's needs, we have divided our programs according to the working area and giving every player personal attention and all the tools they need to reach their own individual goals.

Our programs go from 5 to 7 hours of training (tennis + fitness) a day (Monday to Friday): 3 to 4 hours for training on the field and 2 o 3 hours for fitness.

- **The difference of WGTA** in the world of tennis, is the individualization of the trains of daily form.
- We optimize the player's and coach's work one-on-one
- Groups will be a maximum of 3 players

BASIC PROGRAM

BASIC PLUS  
PROGRAM

ADVANCE  
PROGRAM

PRO PROGRAM



# SHORT TIME PLAYER

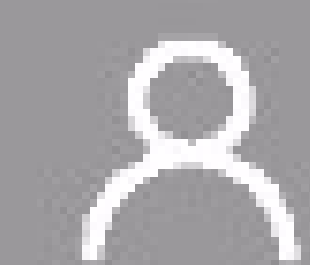


# Short Time Player

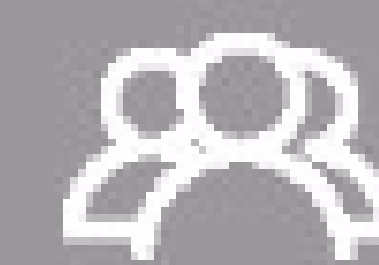


We're always trying to personalize every program of our tennis classes in Barcelona to work on the goals of our players. That's why we classify our goals in short, medium and long terms: because depending on the results and progress we make the changes we think we need to reach the goal.

All the programs from our tennis Lessons in Spain included from 5 to 7 hours of training (tennis + fitness) a day (From Monday to Friday). Normally on court training (3 to 4 hours) and fitness (2 to 3 hours).



INDIVIDUAL PROGRAM



GROUP PROGRAM



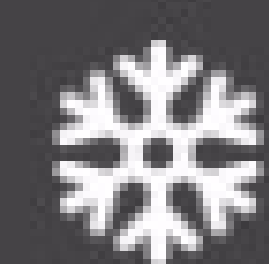
# TENNIS CAMP



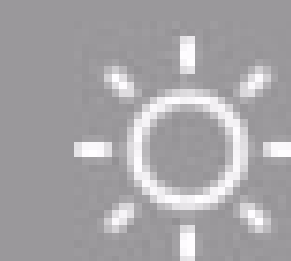
# Tennis Camp

Tennis Holidays in Spain is a complete program custom design for every player to take care of their shape and improve their abilities in the field, always with the aim of achieving the goals they set to themselves at the beginning of the program.

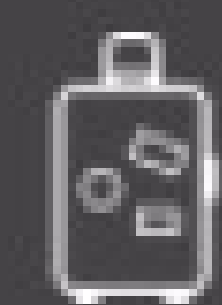
We've seen that all the people who dare to be part of the Tennis Summer Camp in Spain program improve their concentration, speed, balance and coordination and, at the same time, they experiment an increase in their physical strength and their resistance.



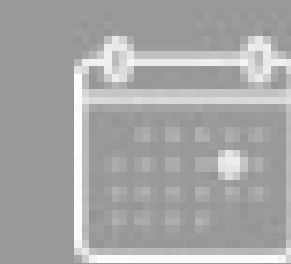
TENNIS WINTER CAMP



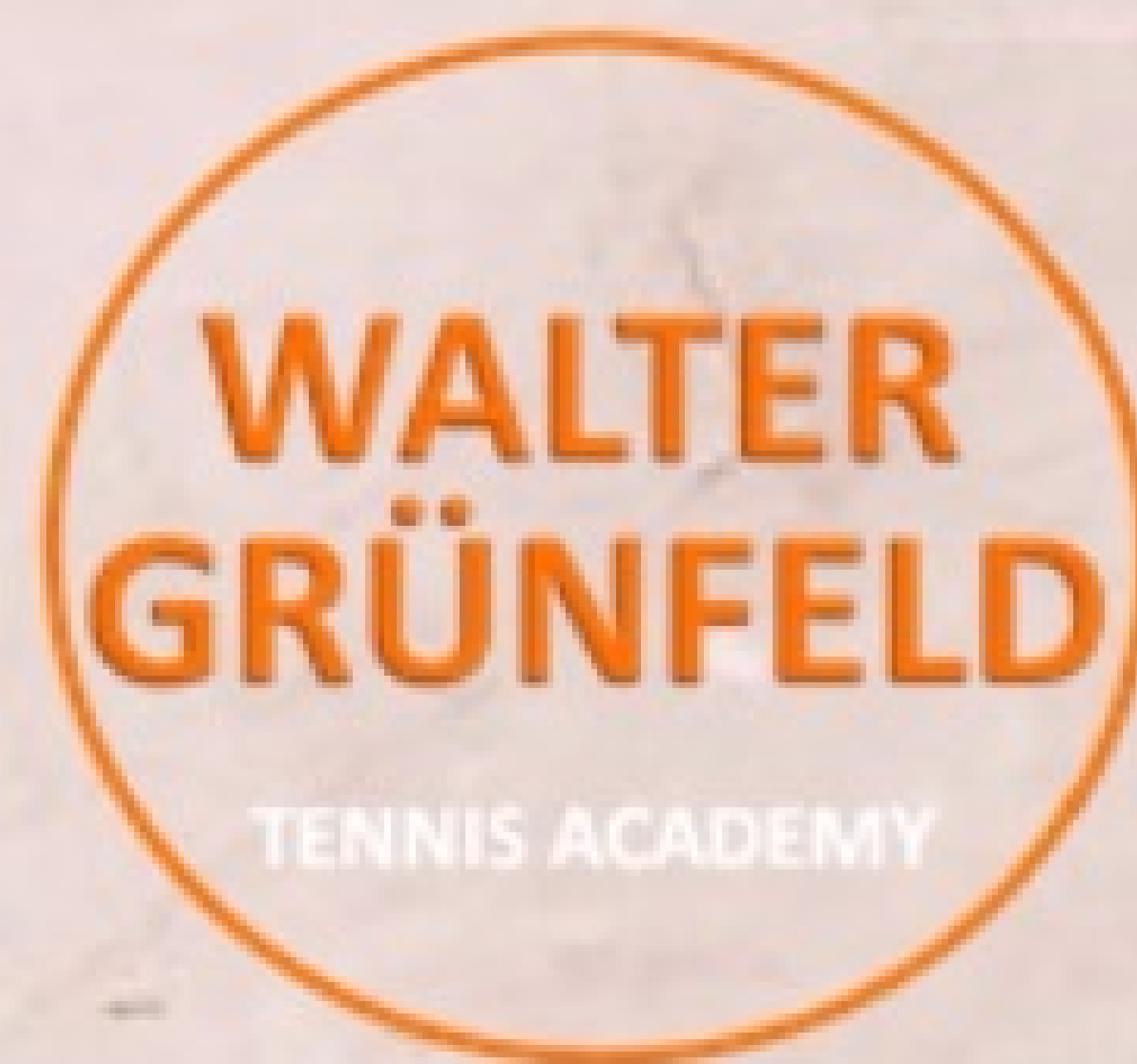
TENNIS SUMMER CAMP



HOLIDAY CAMPS



ALL YEAR AROUND CAMPS



# ADULT TRAINING



# Adult Training

The Adults Player Program has been designed for people who want to enjoy the experience of training as a pro for a week and also a program for weekends in a relaxing environment close to the beach, with the chance to get to know the beautiful city of Barcelona.

This is why we're always trying to sketch every programs keeping in mind that we're here to play tennis in the best way we can. For that we have programs extensions from a week to a hole year.

Our programs go from 5 to 7 hours of training (tennis + fitness) a day (Monday to Friday): 3 to 4 hours for training on the field and 2 o 3 hours for fitness.



# Adult Training

## 3 Different Weekly Program

Includes technical-tactical-match play and physical training.

- 1.** Basic training program: Is a 3 hours training everyday: 2 hours dedicated to tennis + 1 hour for fitness.
- 2.** Intense training program: Is a 4 hours training everyday: 2/3 hours dedicated for tennis + 90 minutes for fitness.
- 3.** Pro training program: Is a double session training (morning and afternoon) from 5 to 6 hours training everyday: 4 hours dedicated for tennis + 1/2 hour for fitness. You'll have double session training: technical session in the morning and tactical in the afternoon.

Trainings are in the mornings so the player have the rest of the day to enjoy the city.

## Weekend Program

- 1.** Basic weekend program: Is a basic training program from Friday afternoon (1 session) to Sunday noon with 3 hours of training a day: 2 hours for tennis and 1 hour for fitness. It's a 9 hours training program.
- 2.** Intense weekend program: Is an intense training program from Friday afternoon (1 session of 3 hours for fitness) to Sunday afternoon. With the weekend program you'll have 5 hours of training a day for a total of 10 hours tennis + 3 hours fitness.
- 3.** Pro weekend program: It's an intense and double session training program from Thursday afternoon (a 3 hour session) to Sunday afternoon.

The program includes 2 sessions a day of 5 hours.





# TENNIS SCHOLARSHIP



# Tennis Scholarship

There are different types of scholarships depending on the current situation of the player or future projection of the same.

These scholarships will mean a reduction of the total amount that the player must pay to the WGTA academy for his training.

The scholarships granted by WGTA will have an annual duration.

An initial trial period of 3 months will be established at the beginning of the program.

Once this period has passed positively, the scholarship will be annual, completing the remaining nine months.

## Types of scholarship

- **Type 1:** 25% of the total amount.
- **Type 2:** 50% of the total amount.
- **Type 3:** 75% of the total amount.
- **Type 4:** 100% of the total amount.



The logo is a circular emblem with an orange border. Inside the circle, the text "WALTER GRÜNFELD" is written in a bold, orange, sans-serif font. Below it, the words "TENNIS ACADEMY" are written in a smaller, white, sans-serif font.

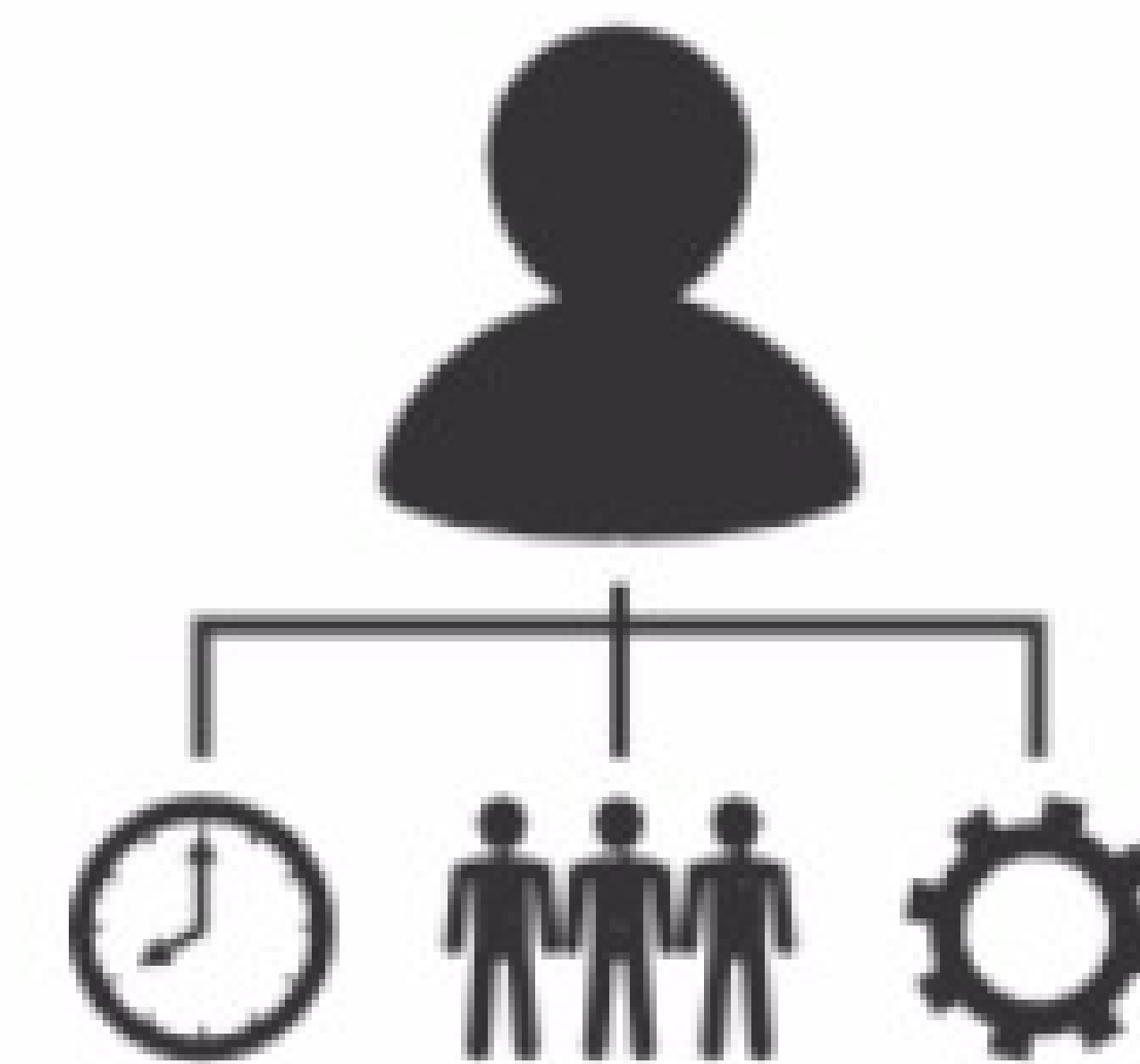
WALTER  
GRÜNFELD  
TENNIS ACADEMY

# TRAINING PROGRAM FOR COACHES

# Training Program for Coaches

## Adressed to

Professionals of tennis education, physical trainers, sports psychologists, directors of academies and tennis clubs, federative leaders and ultimately all those responsible for the development of tennis in each country.





# Training Program for Coaches

## System used for the training program

- From WGTA we encourage the retraining and the continuous training of the trainers since we are convinced that with a bigger and better formation, our work will be more professional and efficient getting new students and relying on existing ones.
- For this reason Walter Grünfeld Tennis Academy has developed a multidisciplinary training program, in a global and integral way, that includes knowledge in different areas that we consider essential to know, to master and to put into practice, so that our work has a high quality and the trainer can achieve its greatest performance in carrying out its work.
- This training is based on the WGTA SYSTEM aimed at the training specialized in tennis and the certification of the coaches that consists of the philosophy and method of daily work that we use with our players.

# Contact Us

If you want more information or want to contact us, you can:



Send us an email to the following address:  
**info@wgrunfeldacademy.com**



Call the next phone number:  
**0034-687122111**

Follow us on:



**@grunfeldacademy**



**Walter Grünfeld Tennis Academy**



**Walter Grungeld**

You will be contacted as soon as possible.