

TOURNAMENT SCHEDULE 8.-15.6.2018 **Wilson Junior Tournament**

FRIDAY

- 07:15-09:30** **Breakfast served**
- 11:00-13:30** **Lunch served**
- 15:00-22:00** **Practice and education**
- practice courts: book courts from the tournament office
 - gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)
 - recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
 - muscle maintenance: foamrollers, carpets and programs available at the tournament office
 - recovery: saunas available from 6pm to 10pm (included to the room price)
 - massage: call +358 50 5388 270, +358 44 7755 313 (prices: 27€/30min, 40€/45min, 60€/75min)
- 16:00-18:00** **Sign-in**
- qualification players, at the tournament office
- 16:30-20:00** **Dinner served**
- need something to eat later: ask other restaurants from the reception or at the tournament office
- 22:00-6:00** **Quiet please**

SATURDAY

- 07:15-09:30** **Breakfast served**
- 9:00-22:00** **Matches and education**
- order of play: follow the tournament from the Tennis Europe tournament website
 - tournament office: gives you information
 - live streaming: available at the lobby

Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
- gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)
- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
- muscle maintenance: foamrollers, carpets and programs available at the tournament office



- recovery: saunas available from 6pm to 10pm (included to the room price)
- recovery: indoor swimming pool 7pm to 9pm (prices: adult: 6,50€ / room quests 4,60€, children (U16) 3,50€ / room quests 2,20€)

11:00-13:30

Lunch served

16:30-19:00

Dinner served

- need something to eat later: ask other restaurants from the reception or at the tournament office

22:00-6:00

Quiet please

SUNDAY

07:15-09:30

Breakfast served

9:00-16:00

Matches and education

- order of play: follow the tournament from the Tennis Europes tournament website
- tournament office: gives you information
- live streaming: available at the lobby

Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
- gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)
- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
- recovery: saunas available from 6pm to 10pm (included to the room price)
- muscle maintenance: foamrollers, carpets and programs available at the tournament office

11:00-13:30

Lunch served

16:00-18:00

Sign-in

- main draw players, at the tournament office

16:00-18:00

Dinner served

- need something to eat later: ask other restaurants from the reception or at the tournament office

22:00-6:00

Quiet please



MONDAY

07:15-09:30

Breakfast served

9:00-22:00

Matches and education

- order of play: follow the tournament from the Tennis Europes tournament website
- live streaming: available at the lobby

Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
- gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)
- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
- recovery: saunas available from 6pm to 10pm (included to the room price)
- muscle maintenance: foamrollers, carpets and programs available at the tournament office
- massage: call +358 50 5388 270, +358 44 7755 313 (prices: 27€/30min, 40€/45min, 60€/75min)

09:00-12:00

Sign-in

- doubles, at the tournament office

11:00-13:30

Lunch served

16:30-19:00

Dinner served

- need something to eat later: ask other restaurants from the reception or at the tournament office

22:00-6:00

Quiet please

TUESDAY

07:15-09:30

Breakfast served

9:00-22:00

Matches and education

- order of play: follow the tournament from the Tennis Europes tournament website
- live streaming: available at the lobby

Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
- gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)



- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
- muscle maintenance: foamrollers, carpets and programs available at the tournament office
- recovery: indoor swimming pool 6.30pm to 9.30pm (prices: adult: 6,50€ / room quests 4,60€, children (U16) 3,50€ / room quests 2,20€)
- recovery: saunas available from 6pm to 10pm (included to the room price)
- massage: call +358 50 5388 270, +358 44 7755 313 (prices: 27€/30min, 40€/45min, 60€/75min)

11:00-13:30

Lunch served

16:30-19:00

Dinner served

- need something to eat later: ask other restaurants from the reception or at the tournament office

22:00-6:00

Quiet please

WEDNESDAY

07:15-09:30

Breakfast served

9:00-22:00

Matches and education

- order of play: follow the tournament from the Tennis Europes tournament website
- live streaming: available at the lobby

Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
- gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)
- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
- muscle maintenance: foamrollers, carpets and programs available at the tournament office
- recovery: saunas available from 6pm to 10pm (included to the room price)
- massage: call +358 50 5388 270, +358 44 7755 313 (prices: 27€/30min, 40€/45min, 60€/75min)

11:00-13:30

Lunch served

16:30-19:00

Dinner served

- need something to eat later: ask other restaurants from the reception or at the tournament office

22:00-6:00

Quiet please



THURSDAY

07:15-09:30

Breakfast served

9:00-16:00

Matches and education

- order of play: follow the tournament from the Tennis Europe tournament website
- live streaming: available at the lobby

Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
- gym exercise: program at Pajulahti Tennis Academy website (www.pta.fi)
- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
- muscle maintenance: foamrollers, carpets and programs available at the tournament office
- recovery: indoor swimming pool 6pm to 8pm (prices: adult: 6,50€ / room quests 4,60€, children (U16) 3,50€ / room quests 2,20€)
- recovery: saunas available from 6pm to 10pm (included to the room price)
- massage: call +358 50 5388 270, +358 44 7755 313 (prices: 27€/30min, 40€/45min, 60€/75min)

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Lunch served

16:30-19:00

Dinner served

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22:00-6:00

Quiet please

FRIDAY

07:15-09:30

Breakfast served

10:00-15:00

Matches and education

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Before/after the matches:

Practice and education

- practice courts: before and after the matches, ask from the tournament office
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- recovery exercise: borrow the heart rate monitor (deposit 20€) and get the instruction from the tournament office
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