

INTRODUCTION

Easily accessible from all over Europe, strategically located on the Kirchberg plateau in Luxembourg, within a short distance of the center of the capital, the European institutions and the international airport, the National Sports and Culture Center d'Coque has become an essential reference both in Luxembourg and internationally. From its opening in 2002, the National Sports and Culture Center was immediately positioned as a real "temple dedicated to sport and culture" nestled in a huge 60,000 m² building characterized by rounded and harmonious lines.

Alongside the various sports and cultural events, federal, school and elite sports represent the largest part of our activities. Thanks to the modern infrastructure for top-level sports such as the High Performance Training & Recovery Center (HPTRC), elite athletes also form a large part of our identity. The sports-specific infrastructures such as our table tennis hall and our martial arts area with high-quality equipment or our two multifunctional halls "Arena" and "Gymnasium" provide the basis for professional training conditions.

In addition, sports teams can also take advantage of various sports offers at the CNSC. Starting with the Aquatic Center, guests can enjoy several pools, in particular a 50-metre Olympic pool. Furthermore, our wellness center with several saunas and rest rooms is the ideal place to relax after sports activities. Supplementary activities such as our climbing wall, the gym and several group courses are offered as well. In summary, all the needs and demands of today's athletes are provided under one roof.

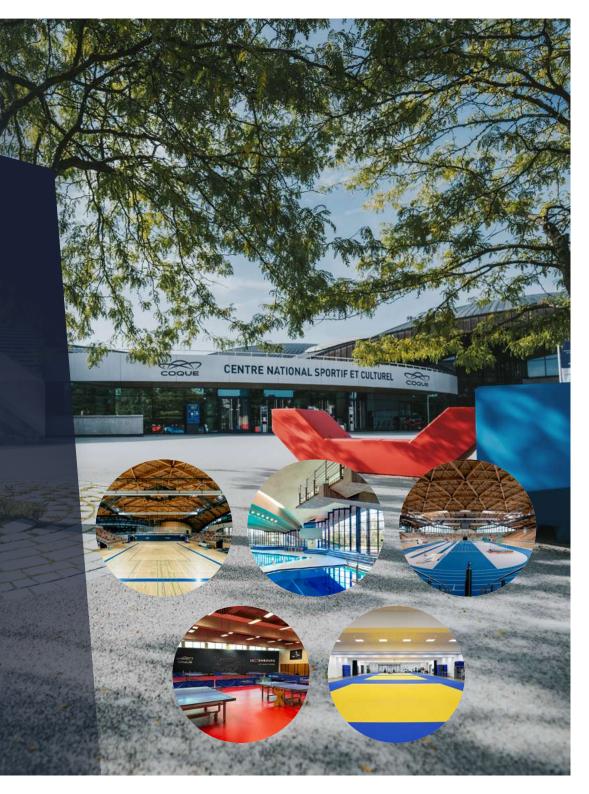




TABLE TENNIS INFRASTRUCTURE

Take maximum advantage of d'Coque's great setting and state-of-the-art facilities :

- Multi-purpose hall of 1400 m² dividable into three parts
- Specific competition floor (Gerflor Taraflex®)
- Optimal training facility for large sports groups (25 Donic Delhi Tables)
- Equipment for multiball sessions
- Warm-up equipment such as indoor bikes, a smaller selection of weights and resistance bands
- Changing rooms and toilets are wheelchair-accessible









Official location partner

PHYSICAL PREPARATION ROOM "STUDIO" 1/2 HOURS USE INCLUDED PER DAY

- High-end fitness room suitable for elite athletes
- Cardio area with Technogym skill-series and Woodway 4Front treadmills
- Keiser M3i bikes and Keiser Functional Trainer (wheelchair-accessible)
- Free Weight Area with Eleiko barbells, Power Racks and functional cage
- Specific training floor for versatile barbell training
- Plyoboxes, pull & jerk boxes, hexbars, kettle bells
- The Studio and the changing rooms are accessible for wheelchair users











THE AQUATIC CENTER



ONE FREE ENTRY INCLUDED PER DAY

- The Aquatic Center of the Coque has two 50-metre Olympic pools (competition & training) with FINA agreed chronometry
- Furthermore the Aquatic Center is equipped with a 25-metre pool and a 15-metre diving pool with diving tower (10m)
- The relaxation zone and the outdoor area with lawn and beach volleyball court are ideal for taking some rest breaks









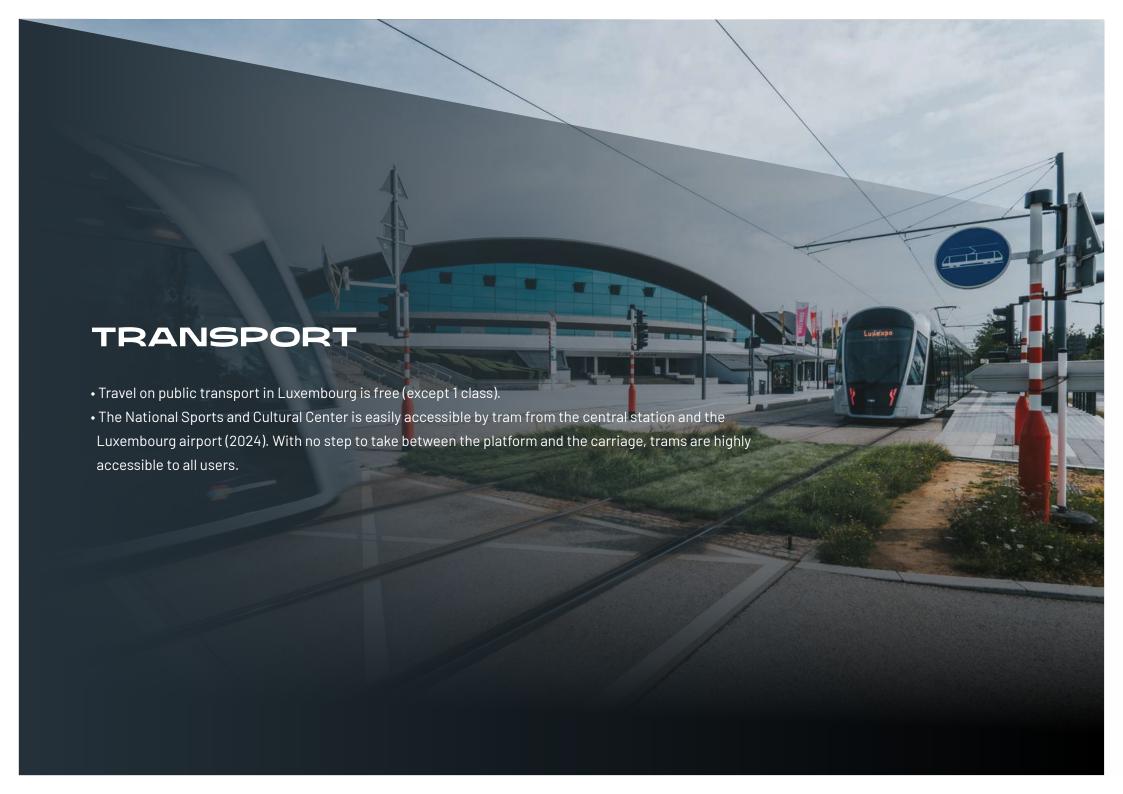
THE WELLNESS CENTER

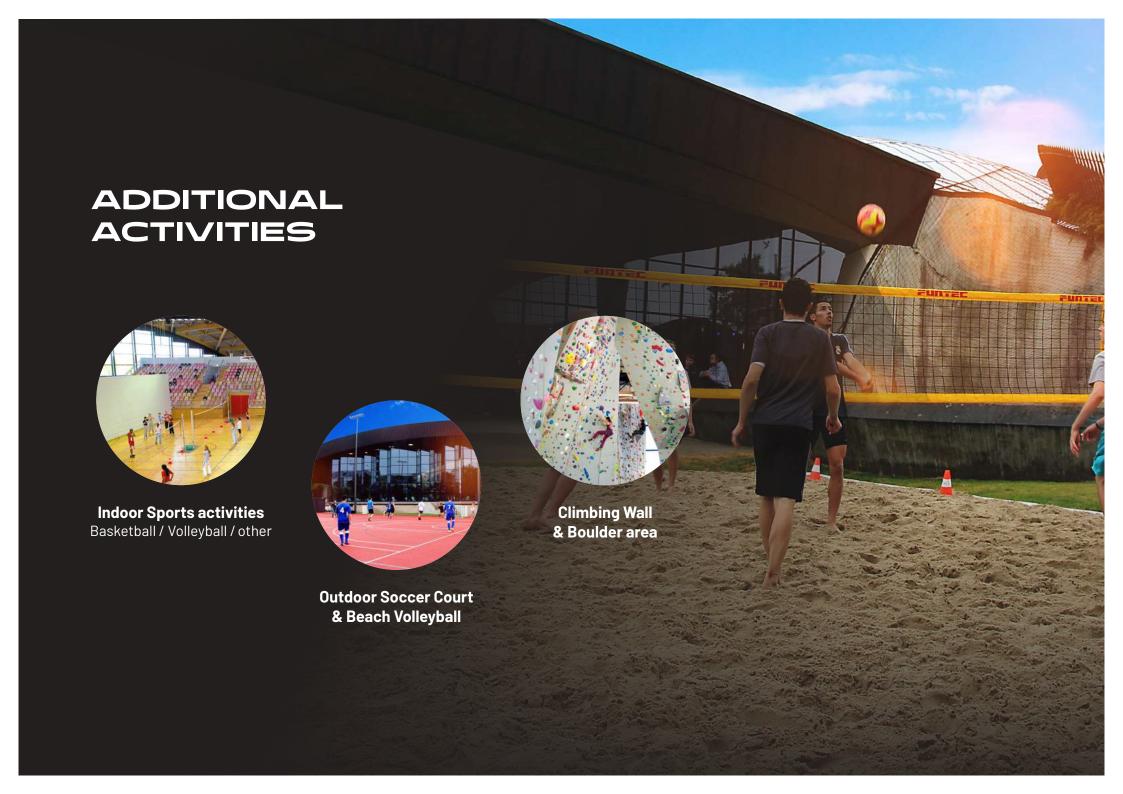


ONE FREE ENTRY INCLUDED PER DAY

- The Wellness Center features modern styling and a friendly atmosphere, providing an ideal place for athletes to relax
- In the indoor area you will find three types of saunas
 (modern Finnish sauna, rustic Finnish sauna & Sanarium),
 a snow cabin, a Hammam, massage areas, a tepidarium,
 a Whirlpool, hot and cold pools and a wellness lounge
- The outdoor area includes a wood-fired sauna and a sanarium, a heated pool, a wooden cold-water pool, showers and a relaxation room
- Our Wellness Center is not fully accessible with a wheelchair
- In addition, our therapists offer 6 types of massages that encourage a fast regeneration (Additional charge)











CONTACT

For further information please feel free to contact our Sports Information Desk:

Alexandra By

Email: trainingcamp@coque.lu

Tél.: +352 43 60 60 - **739**

