

# TRAINING CAMPS

## Optimal Training Solutions

**Benefit from the great setting and state-of-the-art facilities of d'Coque with the Sport Package options:**

- The Sports Complex is fitted out with state-of-the-art equipment for performance training and fitness: 12 sport areas hosting more than 25 indoor disciplines, a physiotherapy centre, several educational training rooms and a luxury hotel complex.
- The Aquatic Centre contains 7 pools including 2 olympic pools ( competition & training ) with FINA agreed chronometry, a 15 m dive pool and a 10 m diving platform.
- The Wellness Centre features modern styling and a friendly atmosphere, providing an ideal place for athletes to relax. Facilities include: three types of sauna, a snow cabin, a hammam, design concept showers, massages and a bar.

### SWIMMING TRAINING PACKAGE

- An overnight stay in a double room & full board\*
- 4 hours training in two 50m lanes\*\*
- 1½ hours use of weights room
- Massage table
- 2 hours use of a meeting room
- Access to the Aquatic and Wellness Centre

\* Single room, no supplement for group of 10 participants / 30 € supplement for additional single room

\*\* An additional lane for groups of 25 people or more if available

Contact: [karin.mayer@coque.lu](mailto:karin.mayer@coque.lu)  
+352 43 60 60 946

[marie.muller@coque.lu](mailto:marie.muller@coque.lu)  
+352 43 60 60 947



# THE AQUATIC CENTRE

## Outstanding Indoor Swimming Complex

### Olympic competition pool

- Length: 50 m
- Width: 25 m
- Depth: 2 m
- Lanes: 10

### Olympic training pool

- Length: 50 m
- Width: 15 m
- Depth: 2 m
- Lanes: 6
- 10 cameras for video analysis
- Virtual LED pacing system

### Sport & health pool heated to 32°

- Length: 12 m
- Width: 8 m
- Depth: 0,45 to 1,50 m (adjustable floor)

### Variable depth beginners' pool

- Length: 25 m
- Width: 10 m
- Depth: 0,80 to 1,60 m
- Lanes: 4

### Whirlpool

- Length: 3.50 m
- Width: 2.50 m
- Maximum depth: 0,90 m

### Diving platform

- 1 m (board)
- 3 m (board)
- 5 m (platform)
- 7,5 m (platform)
- 10 m (platform)

### Dive pool

- Length: 17 m
- Width: 16,50 m
- Depth: 15 m

- Warm and comfortable lounge areas
- Solariums
- Lounge area
- Gallery for 650 spectators



# HOTEL COMPLEX

## D'Coque Hotel \*\*\*Superior

- At a short distance from the city centre and the airport, in the heart of the European quarter, d'Coque Hotel has 36 luxury rooms (equipped with television, telephone, bathroom, safe, Wi-Fi, etc.) some of them equipped for disabled persons.

D'Coque also has 2 restaurants:

- La Coquille, gourmet restaurant:

Weekday lunchtimes: daily menus or à la carte.

Evenings and weekends available for private parties, banquets, etc.

- La Perla, Mediterranean flavours:

casual and friendly, offering Italian and Mediterranean specialities: breakfast, weekly specials.

### All rooms include:

- 2 beds (210 cm long)
- Welcome tray (tea and coffee)
- Shower room
- Telephone
- Plasma television
- Safe
- Wi-Fi connection
- WC

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