



Special Offer for Sports Performers



Dear Friends,

We have a great pleasure in offering you the Institute's sports facilities.

Since the sports and recreational activities are included in many of its packages, the Institute successfully hosted many famous sports teams and became known for its sports and sports medicine programs.

Why the Institute Igalo?! Why the Mediterranean Health Center?!

- **Because of Mediterranean climate with high average temperatures, which allow outdoor trainings throughout the year;**
- **Because of a high-quality accommodation at the Mediterranean Health Center – a modern facility equipped with all amenities;**
- **Because of our tradition and experience in providing services to sports people.**



Preparation of Sports Performers during Winter

- **Fully equipped grass playground and slave playgrounds owned by the Football Club Igalo, all of them about 7 minute-walk far from accommodation facility;**
- **Own grass grounds close to the Institute that are favorable for footing and technical preparations;**
- **Possibility of training sessions with other teams;**
- **Own multi-purpose sport's hall (32 x 14.30 m);**
- **Kitchen with highly professional staff able to prepare any type of food;**
- **4 therapy swimming pools with mineral water (28-34 °C);**
- **Olympic-size swimming pool,**
- **Fully equipped gym;**
- **Sauna;**





- **Therapy and massage (standard massage, underwater massage, shiatsu massage and aroma-massage...) unrivalled in the whole area;**
- **Possibility doctors and physiotherapist assistance;**
- **Evaluation of training sessions;**
- **Rehabilitation of sportspersons after injuries;**
- **Hall equipped for meetings and video-analyses.**



With its staff and technical equipment aimed to contribute to an overall health improvement in sports performers, especially in young team members, the Institute also offers you as follows:

- **Basic checkups by internist and/or pediatrician, cardiology ergometry test included;**
- **Lung capacity measuring by the use of up-to-date digital appliances;**
- **Clinical checkup of bone-joint system (of particular importance for young players);**
- **Motivation and competitiveness test battery in young team members.**

Additional Sports Facilities:

- **Olympic-size swimming pool (33 x 25 m);**
- **Multi-purpose sports hall (32 x 14.30 m);**
- **New sports hall, 3 minute-walk from the Institute (for professional use);**
- **Indoor and outdoor tennis courts;**
- **Gym;**
- **Sauna;**
- **Table tennis;**
- **Bowling alley**

Recreational and Medical-Wellness Programs:

- **Recreation for women;**
- **Recreation for men;**
- **Recreation for pregnant women;**
- **School of swimming;**
- **Fitness program;**
- **Conditioning program;**
- **Corrective exercise;**
- **Anti-cellulite program;**
- **Anti-stress program;**
- **Beauty program**

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