

On behalf of the Regional Sports and Recreation Centre in Drzonków we are offering our facilities for organizing the training camps and consultations.

The Regional Sports and Recreation Centre is located at the distance of 7km from the centre of Zielona Góra, far away from the city noise in peaceful surroundings with lots of greenery. The climate of the centre fully ensures a quick regeneration of physical and psychic strength.

Our Centre provides the biggest sports facilities in the Lubuski Region including:

- **Equestrian facilities:** show-jumping arena 90 m x 50 m, a warm-up arena 70 m x 35 m with an excellent surface, provided with an automatic drainage and damping system and lighting, indoor school 58 m x 15 m, paddocks and cross-country area;
- **Indoor swimming-pool:** 25 meters long, 4 lines, 120–170 cm deep, the water temperature 29 °C-30 °C;
- **Swimming-pools complex:** the olympic swimming pool 50 m long and 210 cm deep (10 lines) and the 25 meters long recreation swimming-pool with a steel basin; the water temperature 27 °C-29 °C;
- **Pneumatic shooting range with 14 stands;**
- **A recently constructed shooting range with 42 stands (modern pentathlon, summer biathlon);**
- **Newly repaired fencing hall** 25 m x 12,5 m, height 4-7 m;
- **Sports hall** 30 m x 30 m, height 7-8 m, "GYMFIT" type of floor surface (table tennis, basketball, volleyball, handball, badminton);
- **Tennis hall** 77 m x 33 m, height 8-10 m, "Pulastic 2000" type of floor surface (**4 indoor tennis courts**);
- **2 outdoor tennis courts with** a crushed brick surface 24 m x 11 m and lighting system;
- **Conference facilities;**



Catering and accommodation facilities:

- **hotel**** (57 beds) with the canteen in it: Swedish buffet table (breakfast, supper), two-course dinner; catering services are offered by "Drzonkow Catering" company;
- **7 bungalows provided with fire-places** (89 beds);
- **camping**** (caravaning and camping site);
- **picnic facilities** with an outdoor barbecue facility.



Our offer also includes:

- **biological regeneration services:** classical massages, centrifuge massages, sauna, jacuzzi, infrared chamber, needle baths, salt cave;
- work-out facilities;
- fitness gym, etc..



OFFER	Price per one person a day
Version I 3 meals a day, accommodation in bungalows, fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym	130 zł
Version II 3 meals a day, accommodation in the private hotel "Sądel", fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym	140 zł
Version III 3 meals a day, accommodation in the sports centre hotel, fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym	160 zł
Version IV 3 meals a day, accommodation in a hotel*** Pod Sosnami (single room), fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym 3 meals a day, accommodation in a hotel*** Pod Sosnami (double/triple room), fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym	240 zł 190 zł
Version V 3 meals a day, accommodation in a hotel*** Euro (single room), fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym 3 meals a day, accommodation in a hotel*** Euro (double/triple room), fencing facility, shooting range, show-jumping arena, swimming-pool, power training gym	270 zł 220 zł
rent a sport horse	140 zł / 60 min
rent a recreation horse	40 zł / 60 min
Airport transfer services	<i>according to the agreement</i>

ADDITIONAL INFORMATION:

Airports: Berlin (180 km), Poznań (150 km), Wrocław (200 km), Szczecin (230 km), Bydgoszcz (235 km), Łódź (310 km), Katowice (365 km), Kraków (435 km), Gdańsk (420 km), Warszawa (420 km), Rzeszów (585 km).

Weather, climate: moderate warm climate zone - transitional (varying weather conditions)

If you find our offer interesting, do not hesitate to contact:

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Welcome to Drzonków !

See You in Drzonków!

Bogusław Sułkowski

Director of the Regional Sports
and Recreation Centre
name of Z. Majewski in Drzonkow

www.drzonkow.pl