

# Sport Academy Regulations 2025 Is Serenas Badesi Resort

## Krav Maga

At **Is Serenas Badesi Resort**, from **July 27 to August 1, 2025**, and from **August 4 to August 8, 2025**, the Bluserena Sport Academy of Krav Maga will be held, exclusively for the Resort guests.

The Academy will have an exceptional coach, **Simone Ledda** (Krav Maga champion).

Two courses are planned (not simultaneously): one for participants aged 16 and over, with a maximum of 15 participants each. It is not possible to register children/teens outside the age ranges specified in the regulations.

Each course includes a 45-minute lesson per day, Monday to Friday, in the 9:00 AM - 12:00 PM time slot, and will take place at Is Serenas Badesi Resort. In case of bad weather, lessons will be rescheduled within the period leading up to the Academy's conclusion.

**Registrations** can be made during the vacation booking process, **online** or on-site at the **Front Office and Activity Point**. For information, please contact the Activity Point.

The cost is €100 per person for the entire week (single lessons cannot be booked). For families with more than one young adult participating, the full price applies to the first young adult, and a 50% discount is applied to the others. Please note that in order for the discount to apply, all participants must stay in the same room. The cost includes a kit consisting of: 1 backpack, 1 t-shirt, 1 water bottle, and 1 cap.

At the end of each Academy course, a medal and a participation certificate will be awarded to each participant.

*\*In case the aforementioned champion/coach is unavailable due to unforeseen circumstances or injury, the same Academy will be conducted by a coach of equal standing.*

## Taekwondo

At **Is Serenas Badesi Resort**, from **August 25 to August 29, 2025**, and from **September 1 to September 5, 2025**, the Bluserena Sport Academy of Taekwondo will be held, exclusively for the Resort guests.

The Academy will have exceptional coaches **Erica Micoli and Domenico Gemma** (Taekwondo champions).

Two courses are planned, divided by age groups (not simultaneously): one for participants aged 10 to 15, and another for those 16 and over, each with a maximum of 15 participants. It is not possible to register children/teens outside the age ranges specified in the regulations. Each course includes a 45-minute lesson per day, Monday to Friday, in the 9:00 AM - 12:00 PM and 4:00 PM - 6:00 PM time slots, and will take place at Is Serenas Badesi Resort. In case of bad weather, lessons will be rescheduled within the period leading up to the Academy's conclusion.

**Registrations** can be made during the vacation booking process, **online** or on-site at the **Front Office and Activity Point**. For information, please contact the Activity Point.

The cost is €100 per person for the entire week (single lessons cannot be booked). For families with more than one child participating, the full price applies to the first child, and a 50% discount is applied to the others. Please note that in order for the discount to apply, all children must stay in the same room. The cost includes a kit consisting of: 1 backpack, 1 t-shirt, 1 water bottle, and 1 cap.

At the end of each Academy course, a medal and a participation certificate will be awarded to each participant.

*\*In case the aforementioned champion/coach is unavailable due to unforeseen circumstances or injury, the same Academy will be conducted by a coach of equal standing.*