

# Naulin Sports Villa

Sundarbasti - 8, Budanikantha

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## About Naulin Sports Villa

With an ambition of providing international standard courts to sport enthusiasts, Naulin Sports Villa situated in Sundarbasti-8, Budhanilkantha, has two double and one training lawn tennis court. About 2 kilometers inside of Ring Road, Villa has all the facilities including changing rooms, cafeteria, ball boys and also a car-wash center. It also has the high capacity lights for games in the evening.

Highly experienced coaches at villa all the time let's you train yourself, bring family members for a fun-filled game watching moments. Villa is open to the school children to corporate professionals, to retired officials to youths in the same platform.

## Tennis has many health benefits including:

- Increasing aerobic capacities

- Lowering resting heart rate & blood pressure
- Improving metabolic function
- Boosts brain power
- Enhance flexibility, balance and coordination
- Full Body Workout
- Increasing bone density
- Lowering body fat
- Improving muscle tone, strength & flexibility
- Increasing reaction times

## Rate List

### Morning time (6 am-10 am) for members

Yearly	Rs. 45000
6 Months	Rs. 25000
Monthly	Rs. 4500

*(Ball and ball boy included in the above rate)*

### (Monthly 2,000 extra for coach for trainees)

Racket Hire	Rs. 100 (Per Match)
Ball Hire 3 pieces	Rs. 50 (Per Match)
Ball Boy	Rs. 50 (Per Match) <b>if needed</b>
Hourly	Rs. 300
Hourly Court Booking:	Rs. 500

*(Extra Rs. 500 if players need Coach for practice)*

### Rate for Juniors (Under 18 years) 15 to 17 hrs

Monthly	Rs. 3,500
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*(Ball, ball boy and coach included)*

### 17- 21 hrs (Flood Light)

Per person	400 per hour
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*Note: Special discount for members playing during 11 to 15 hrs and team playing during special occasions (birthday, anniversaries and other social events)*

### For booking and inquiries please contact:

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