

UITM Centre for Tourism and Recreation

We would like to present you the offer of the Centre for Tourism and Recreation in Kielnarowa (Poland), located 12 km from Rzeszów, the largest urban agglomeration in south-eastern Poland. Rzeszow is a charming city about 1.5-hour-drive from the historic city of Cracow. Both cities are connected with a modern highway. Near Rzeszów there is also the Jasionka airport. In the same time of 1.5 hours, but heading south, one can get to the beautiful mountains of the Low Beskids and Bieszczady.



Our Centre offers modern facilities for learning, conferences, trainings, sports and recreation. We specialise in particular in organizing camps for volleyball teams, but our infrastructure allows to receive athletes and teams from many other disciplines.

The sports hall is a modern object, a unique one in this part of Poland, and allows to practice sport at the highest level. A special training surface, mounted on shock-absorbing beams, reduces the risk of injury to a minimum. The hall's surface area is 72m x 34 m, and depending on the arrangement it offers:

- a large (5m x 2m) football field with two goals,
- a handball field (3m x 2m) with two goals,
- 2 football fields (3m x 2m) with two goals each,
- 3 volleyball fields (one sector with MONDO surface),
- 2 basketball fields,
- 3 tennis courts.

It is also possible to organize martial arts trainings – the hall is equipped with special mats for combat sports – as well as table tennis competitions.

In the Centre we also have a Spa with a sauna and a gym. Our guests may use the numerous cycling and walking routes, which extend for long kilometres over the green, hilly area and allow to optimize training in every discipline. Also, near the hall, you will find an outdoor playing field where you can e.g. play badminton, and a beach volleyball field, allowing you to unwind in breaks between training sessions.

We realize how important a properly balanced diet is for good condition, so we do our best to meet the customers' expectations. The types and times of meals are settled individually and flexibly with each customer. We understand that special diet considerations are often a necessary requirement to gain success in competitive sports.

Thanks to numerous contacts with befriended sports clubs in Podkarpacie we are able to offer help in organizing interclub and training matches. Rzeszów has a professional volleyball team, Asseco Resovia, which is a six-time champion of the Polish League and triple winner of the Polish Cup. Five players of Asseco Resovia won the gold medal at the 2014 World Cup in the Polish national team.



We also know how important body renewal and preventive healthcare is for high-level sports. To meet such needs we provide qualified staff and modern specialist physiotherapy equipment in the Reh-Mediq Medical Rehabilitation Centre. For sports clubs we have special offers of cooperation and beneficial treatment packages.

A training camp means not only physical effort. Talks, lectures or meetings to discuss progress in training are often necessary. We hope you will be pleasantly surprised with our modern and well-equipped teaching premises.

We offer the biggest sports hall in the Podkarpackie Region, a horse riding centre, a spa, conference rooms and computer labs. Our guests can also stay at our hotel and enjoy our dining services. We are sure that companies and institutions as well as individual customers will find everything they need here.

WE OFFER:



- a comfortable hotel for 60 guests;
- a sports hall measuring 72 m x 34 m;
- functional movement tests;
- an exercise test laboratory;
- a horse riding centre, where you can ride horses or take a carriage ride;
- a fitness room and a gym;
- spa & wellness services with a sauna and a gym;
- "Taberna pod Sosnami" Inn;
- unlimited access to the Internet;
- more than 300 parking spaces.

Other possible attractions include paintball competitions, a rope park, quad drives, Tyrolean traverse and other.

In the recent years we have hosted more than 180 sports groups in different disciplines: volleyball teams and clubs from Poland, Russia, Norway, Turkey, Algeria, Oman, Saudi Arabia, Cuba and Qatar, handball league teams, basketball teams, tennis players and many other athletes. We have co-organized several sports events and conferences at a regional, national and international level: the Conference of the Polish Association of Volleyball Trainers and Instructors, Polish Championships in Archery, International Boxing Fights between Polish and Qatar, or the Rzeszow Car Rally.



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