



# Autumn Tennis Camp Adult

For players over 18 years old

13<sup>th</sup> October to 3<sup>rd</sup> November, 2024  
Mallorca

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- 7 nights accommodation at Rafa Nadal Residence.\*
- 12 weekly hours of technical tennis training. Court/player ratio 1:4.
- 5 hours of specific group physical preparation.
- 4 hours of "Off Court" activities.
- Diploma ceremony and tasting of local products.\*\*
- Barbecue and live music afternoon.\*\*
- Entrance to the Rafa Nadal Museum.\*
- Free use of the Fitness Centre with over 200 scheduled activities per week. (Excluding CrossFit and Yoga & Pilates Studio).\*
- Free access to the 25m indoor pool and Spa with hydrothermal circuit, sauna, and Turkish bath.\*
- Welcome gift.

*\*Only included in the option with accommodation.*

*\*\*Included for the player's companion.*

## Add competition to your program by booking the PLUS version:

- 8 hours of weekly tennis competition training. Court/player ratio 1:4.
- 1 functional assessment with a physiotherapist from the Rafa Nadal Academy by Movistar.

# Do you want to improve your tennis skills and live a unique experience?

Now you can book your spot at **the first Autumn Tennis Camp Adult** at the Rafa Nadal Academy by Movistar!

This comprehensive camp for adult players will take place **from October 13<sup>th</sup> to November 03<sup>rd</sup>, 2024**. Players can **book one, two, or as many weeks as they want** of the program.

This experience includes technical and tactical tennis training, physical preparation, competition, off-court activities such as nutrition and sports psychology speech and fun group social activities.



It is available **for amateur players** who wish to enjoy an unforgettable experience **at one of the best high-performance sports centers in the world**.



In addition, you can add competition to your tennis program with our **Autumn Tennis Camp Adult Plus**, where you can enjoy everything the Autumn Tennis Camp Adult has to offer and **include 8 hours of competition training tennis and a functional assessment with one of our physiotherapists**.

Participants of the Autumn Tennis Camp Adult will **improve their technique, physical condition, and on-court skills** with the training system of the Rafa Nadal Academy by Movistar in the incomparable setting of Mallorca.

It's also **a perfect plan for families who want to enjoy a vacation in Mallorca**. At the Academy, we also offer a Autumn Tennis Camp for children aged 8 to 18, adapted to all levels of play.

## Train with the method of Rafa Nadal and his team!



# SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00h		Breakfast						Check-out	
8:30h - 10:30h		Tennis training							
11:00h - 12:00h		Physical preparation							
13:00h									
13:30h - 14:30h	Check-in	"Off Court" activities				BBQ	Closure program and Local Product Tasting		
14:30h - 15:30h		Lunch					Live music	Lunch	
16:00h						Live music			
17:00h							Live music		
18:00h								Live music	
19:00h		Tennis competition training				Live music			
20:00h							Live music		
21:00h		Dinner						Live music	

\*The schedule may be subject to changes depending on the number of participants and the assigned group.

Only in PLUS option



## FACILITIES

- 45 tennis courts
  - | 23 hard courts (19 outdoor & 4 indoor)
  - | 22 clay courts (15 outdoor & 7 semi-covered)
- 16 padel courts
  - | 7 indoor courts
  - | 6 outdoor courts
  - | 3 panoramic courts
- Supervised residence
- Fitness Center
- Indoor and outdoor 25m swimming pool
- 1 seven-a-side football field
- Sports Clinic by Quirónsalud
- Restaurant & Players room
- Beach volley, squash, padbol & multisports courts

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