

MALLORCA - SPAIN

CHRISTMAS CAMP

FOR ADULTS

*December 23rd, 2023
to January 6th, 2024*



**Do you want to improve your tennis skills and
live a unique experience during Christmas?**

At our Christmas Camp, you will have the opportunity to **train with the Rafa Nadal Academy by Movistar training system** and enjoy tennis sessions and multi-sport activities in an unparalleled environment. Additionally, you will have free time to participate in leisure activities and indulge in the best dining experience, including special Christmas Eve and New Year's Eve dinners.

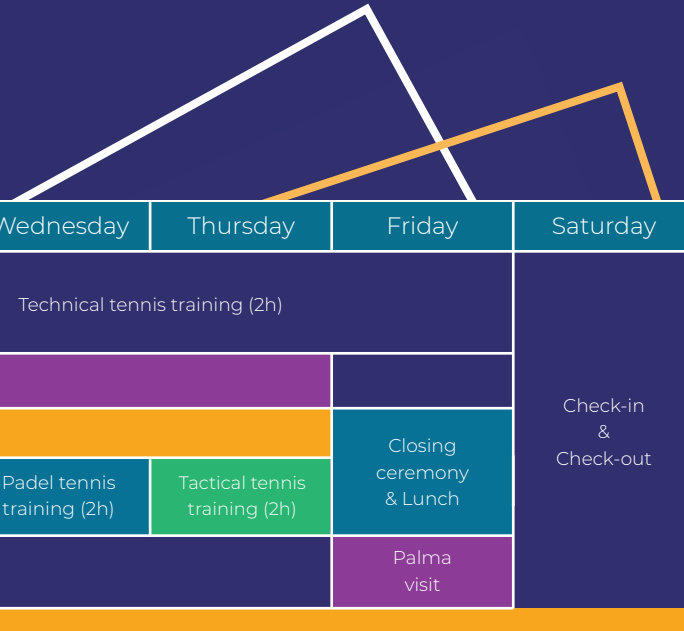
This program is **perfect for adult players who want to have fun and experience their passion for sports during one of the most special times of the year.** The best tennis Christmas... in the best possible place!

The Christmas Camp will take place from **December 23rd to December 30th, 2023**, and from **December 30th to January 6th, 2024**. You will have the option to participate in one or both weeks of the program. Check-in and check-out will take place on Saturdays.

Don't miss the opportunity to improve your tennis skills at the Rafa Nadal Academy by Movistar!

The program includes:

- 7-night accommodation with half-board (beverages not included).*
- 12 hours per week of technical tennis training. All strokes will be practiced through different drills. Court/player ratio 1:4.
- 4 hours per week of tactical tennis training "Learn to compete." Real competition situations will be addressed to learn how to compete and design an appropriate strategy. Court/player ratio 1:4.
- 5 hours of group fitness training.
- 2 hours of group paddle tennis classes.
- Visit to Palma de Mallorca. Includes round-trip transportation from the Academy.
- Free entry to the Rafa Nadal Museum.
- An evening of live music.
- Closing ceremony and Diploma Awards Ceremony.
- Free use of the Fitness Centre with over 200 guided activities per week.
- Free access to the 25m indoor pool and Spa with hydrothermal circuit, sauna, and Turkish bath.
- Welcome Pack.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 8:30 - 13:30	Technical tennis training (2h)	Free time	Technical tennis training (2h)				Check-in & Check-out
	Physical training (1h/day)						
Midday	Lunch & Rest					Closing ceremony & Lunch	
Afternoon 14:30 - 18:30		Technical tennis training (2h)	Tactical tennis training (2h)	Padel tennis training (2h)	Tactical tennis training (2h)		
Afternoon 18:30 - 20:30	Live music					Palma visit	
Night	Christmas Eve Dinner New Year's Eve Dinner	Dinner & Free time					

*This schedule may be subject to changes depending on the number of participants in the program.

This Christmas...
 The Christmas Camp will be your best gift!