



MALLORCA - SPAIN

CHRISTMAS CAMP 2021-2022

JUNIOR & ADULTS PLAYERS

DECEMBER 26TH, 2021 - JANUARY 2ND, 2022

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

Thanks to the Christmas Camp you will be able to train with the Rafa Nadal Academy by Movistar training system and enjoy our tennis training sessions and multisport activities in a unique environment.

This program is ideal for adult players who want to have fun and experience their passion for sport at one of the most special times of the year. It is also perfect for young tennis players between 8 and 18 looking for an exclusive experience with players from all over the world. The best tennis Christmas ... In the best possible place!

The campus will take place from December 26th to January 2nd, 2022 at the Rafa Nadal Academy by Movistar facilities. Check-in and check-out will be on Sunday.

The daily schedule of the Junior & Adult Camps is designed so that all members of the family can share their free time.

More information: sales@rafanadalacademy.com · t. (+34) 971 845 022

www.rafanadalacademy.com

CHRISTMAS CAMP

DECEMBER 26TH, 2021 - JANUARY 2ND, 2022



ADULT CAMP

The program includes:

- Accommodation for 7 nights with breakfast or half board (Includes breakfast and dinner. Drinks not included).*
- 12 hours/week of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar (Ratio court/player 1:4).
- 3 hours/week of “Learn to compete”. Real competition situations will be worked on to design an appropriate strategy. (Ratio coach/player 1:4).
- 5 hours of fitness training on group.
- 1.5 hours of paddle tennis coaching.
- 1.5 hours of guided trekking route to discover the amazing landscapes of Mallorca.
- 1.5 hours of bike route (bike and helmet included).
- Tennis competition and awards ceremony.
- Free ticket to the Rafa Nadal Museum Xperience.
- Free use of the Fitness Centre with more than 200 activities per week.
- Free Access to the 25 m indoor pool and Wellness Spa with hydrothermal circuit, sauna and Steam baths.
- Official Welcome Pack.

*Ecotax not included in the accommodation fee.

ESTIMATED SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (3h activities) 09am to 2pm	TENNIS TRAINING (2h)					TENNIS TRAINING (2h)	ARRIVALS & DEPARTURES
	FITNESS TRAINING (1h)						
2pm to 3pm	LUNCH & FREE TIME						
Afternoon (1.5h activities) 3pm to 6pm	PADDLE TENNIS TRAINING	TENNIS TRAINING “LEARN TO COMPETE”	TREKKING	TENNIS TRAINING “LEARN TO COMPETE”	BIKE ROUTE	CLOSING CEREMONY	

(This calendar may be subject to change)

**THIS CHRISTMAS...
THE CHRISTMAS CAMP WILL BE YOUR BEST GIFT!**

CHRISTMAS CAMP

DECEMBER 26TH, 2021 - JANUARY 2ND, 2022



JUNIOR CAMP

The program includes:

- 20.5 hours of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar.
- 10 hours of fitness training / sports activities.
- 6 hours/week of "Building a Champion" activities.
- 4 hours/week of outdoor leisure activities.*
- Accommodation at the supervised residence within the Academy.
- Breakfast, lunch, dinner and snacks.
- Medical care and physiotherapy assistance (if necessary).
- Guided visit to the Rafa Nadal Museum Xperience.
- Barbecue dinner and award ceremony.
- Welcome pack.
- Transfer from airport to facilities and from facilities to airport.

CONTACT OUR ADMISSIONS DEPARTMENT FOR INFORMATION ON THE NO BOARDING VERSION OF THE CAMPUS.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.30am	GOOD MORNING!						ARRIVALS & DEPARTURES	
8am	BREAKFAST							
9am-11am	TENNIS TRAINING							
11am-11.30am	SNACK							
11.30am-1pm	MULTISPORTS TRAINING					COMPETITION		
1pm-3pm	LUNCH & FREE TIME							
3pm-4.30pm	TENNIS TRAINING	LEISURE ACTIVITIE		TENNIS TRAINING	LEISURE ACTIVITIE			
4.30pm-5pm	SHOWER			SHOWER				
5pm-6pm	BUILDING A CHAMPION			BUILDING A CHAMPION				
6pm-7pm	FREE TIME			FREE TIME				
7pm-7.30pm		SHOWER			SHOWER			
8pm-9.30pm	DINNER & FREE TIME					BARBECUE & AWARD CEREMONY		LUNCH & FREE TIME
10pm	GOOD NIGHT!							GOOD NIGHT!
10.30pm								

(This calendar may be subject to change)

* Leisure activities will be defined considering the current epidemiological situation and the weather.

THE BEST CHRISTMAS AWAITS FOR YOU!

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