

# WEEKLY CHRISTMAS Camp



## JUNIOR & ADULT PROGRAM

22nd to 29th of DECEMBER and 29th to 5th of JANUARY of 2020

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

Would you like to improve your tennis and have a unique experience this Christmas? Thanks to Christmas Camp, you could form part of the Rafa Nadal Academy training system and enjoy our tennis training and multi-sports activities in an unbeatable environment.

This program is ideal for amateur tennis players who want to have fun and experience their passion for sport during one of the most special periods of the year. It is also perfect for families who would like to enjoy a Christmas of tennis in Mallorca.

Would you like to give the best gift possible? Now children between 8 and 18 years of age can also enjoy the Junior Christmas Camp and enjoy an exclusive experience with players from all around the world! The best Christmas of tennis... in the best place possible!

Christmas Camp will take place from 22 December to 5 January at the Rafa Nadal Academy by Movistar and you will be able to choose between a one-week program (from 22 to 29 December or from 29 December to 5 January) or take part in both weeks and enjoy a 10% discount.

The daily schedules for the Junior and Adult Camps are designed so that all members of the family can share their free time.

# WEEKLY CHRISTMAS Camp



22nd to 29th of DECEMBER and 29th to 5th of JANUARY of 2020

## ADULT CAMP:

### The program includes:

- Accommodations for 7 Nights with breakfast or Half Board (Includes breakfast and dinner. Drinks not included).
- 12 hours of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar (Ratio court/player 1:4).
- 4 hours fitness group training sessions (Ratio coach/player 1:4).
- 1.5 hours of paddle coaching.
- 1.5 hours guided hiking route to discover the amazing landscapes of Mallorca.
- 1 hour leisure activities.
- 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.
- 20% discount on Wellness Spa Treatments and Rafa Nadal Shop.
- Official Welcome Pack.
- Promotion free flight with Air Europa (Chek conditions on our website).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-9:30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	CHECK OUT
9:30-10:00	PROGRAM PRESENTATION						
10:00-12:00	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	
12:30-13:30	PADDLE TRAINING	FITNESS TRAINING	RAFA NADAL MUSEUM VISIT	FITNESS TRAINING	FITNESS TRAINING		
13:30-14:00		LUNCH			LUNCH	LUNCH	LUNCH
14:00-15:00			LUNCH				
15:00-15:30						TENNIS COMPETITION+ AWARDS CEREMONY	
15:30-16:30	FITNESS TRAINING	FITNESS TRAINING IN GROUP			TREKKING		
16:30-17:00							
19:30-22:00	DINNER						

\* This calendar may be subject to change.

# WEEKLY CHRISTMAS Camp



22nd to 29th of DECEMBER and 29th to 5th of JANUARY of 2020

## JUNIOR CAMP:

### The program includes:

- Accommodations for 7 Nights in a room supervised by a family member or guardian (with breakfast or Half Board, that includes breakfast and dinner. Drinks not included).
- 18.5 hours of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar (Ratio court/player 1:4).
- 4 hours fitness group training sessions /sport activities.
- Free ticket to the Rafa Nadal Museum Xperience.
- Tennis competition and awards ceremony.
- Official Welcome Pack.
- Free use of the Fitness centre with more than 200 activities per week (+ 16 years).
- Promotion free flight with Air Europa (Chek conditions on our website).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	CHECK OUT
8:30-9:00	PROGRAM PRESENTATION						
9:00-10:00	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	TENNIS TRAINING	
10:00-11:30							
11:30-12:00			TENNIS TRAINING				
12:00-12:30	FITNESS TRAINING	FITNESS TRAINING	RAFA NADAL MUSEUM VISIT	FITNESS TRAINING	FITNESS TRAINING		
12:30-13:00							
13:00-14:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14:00-15:00			LUNCH				
15:00-16:30	TENNIS TRAINING	TENNIS TRAINING		TENNIS TRAINING	TENNIS TRAINING	TENNIS COMPETITION+ AWARDS CEREMONY	
19:30-22:00	DINNER						

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## THE BEST CHRISTMAS AWAITS FOR YOU!

### RATES:

INDIVIDUAL ROOM	DOUBLE ROOM	TRIPLE ROOM
1 ADULT PLAYER	2 ADULT PLAYERS	2 ADULT PLAYERS and 1 JUNIOR
FROM: 1.290€/pack	FROM: 1.840€/pack	FROM: 2.960€/pack

\*Children who wish to participate in the Christmas Camp Junior must stay at the Rafa Nadal Sports Centre with their parents or guardians. The Junior program is also available for groups accompanied by a coach or tutor (contact groups: [groups@rafanadalacademy.com](mailto:groups@rafanadalacademy.com))