

# Christmas Padel Camp

New program  
for adults!

December 23<sup>rd</sup>, 2023  
to January 6<sup>th</sup>, 2024  
Mallorca

## Includes

### TRAINING & ACTIVITIES

- 12 hours per week of technical paddle tennis training. Court/player ratio 1:4.
- 4 hours per week of tactical paddle tennis training "Competition". Court/player ratio 1:4.
- 5 hours of specific group physical preparation.
- 2 hours of group tennis lessons.
- Visit to Palma de Mallorca. Includes round-trip transportation from the Academy.
- Free admission to the Rafa Nadal Museum.
- An evening of live music.
- Closing ceremony and diploma presentation.
- Welcome pack.

### ACCOMMODATION

- 7 nights of accommodation with half-board (beverages not included)\*.
- Free use of the Fitness Centre with over 200 scheduled activities per week\*.
- Complimentary access to the 25-meter indoor pool and the Spa with hydrothermal circuit, sauna, and steam bath\*.

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



## Do you want to improve your padel and have a unique experience?

In our **Christmas Padel Camp**, you'll have the opportunity to train with the Rafa Nadal Academy by Movistar training system and enjoy paddle tennis sessions and multi-sport activities in an unparalleled setting. Additionally, you'll also have free time to participate in leisure activities and indulge in the finest dining, including special Christmas Eve and New Year's Eve dinners.

This program is ideal **for adult players** who want to have fun and experience their passion for sports at one of the world's top high-performance sports centers during one of the most special times of the year.

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



Camp participants will **improve their game while enjoying training in small groups** that will allow them to learn and compete using the training system of the Rafa Nadal Academy by Movistar in an unparalleled setting like Mallorca.

It's also a perfect plan for families who wish to enjoy a Christmas vacation in Mallorca.



## Weekly schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 8:30am - 1:30pm	Technical padel training (2h)	Free time	Technical padel training (2h)				Check-ins & Check-outs
	Physical preparation (1h/day)						
Noon	Lunch & rest					Closing event + Lunch	
Afternoon 2:30pm - 6:30pm		Technical padel training (2h)	Tactical padel training (2h)	Tennis training (2h)	Tactical padel training (2h)		
6:30pm - 8:30pm	Live music					Visit to Palma	
Night	Christmas Eve   New Year's Dinner	Dinner & Free time					

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

## Facilities

- 15 padel courts
  - 6 indoor
  - 9 outdoor (3 panoramic)
- Fitness center
- 1 indoor semi-olimpic 25m pool
- 2 outdoor recreational pools
- Beach volley, squash, padbol and multisports courts
- Spa & beauty salon
- Sports Clinic by Quiron Salud
- 1 seven-a-side field
- 45 tennis courts

