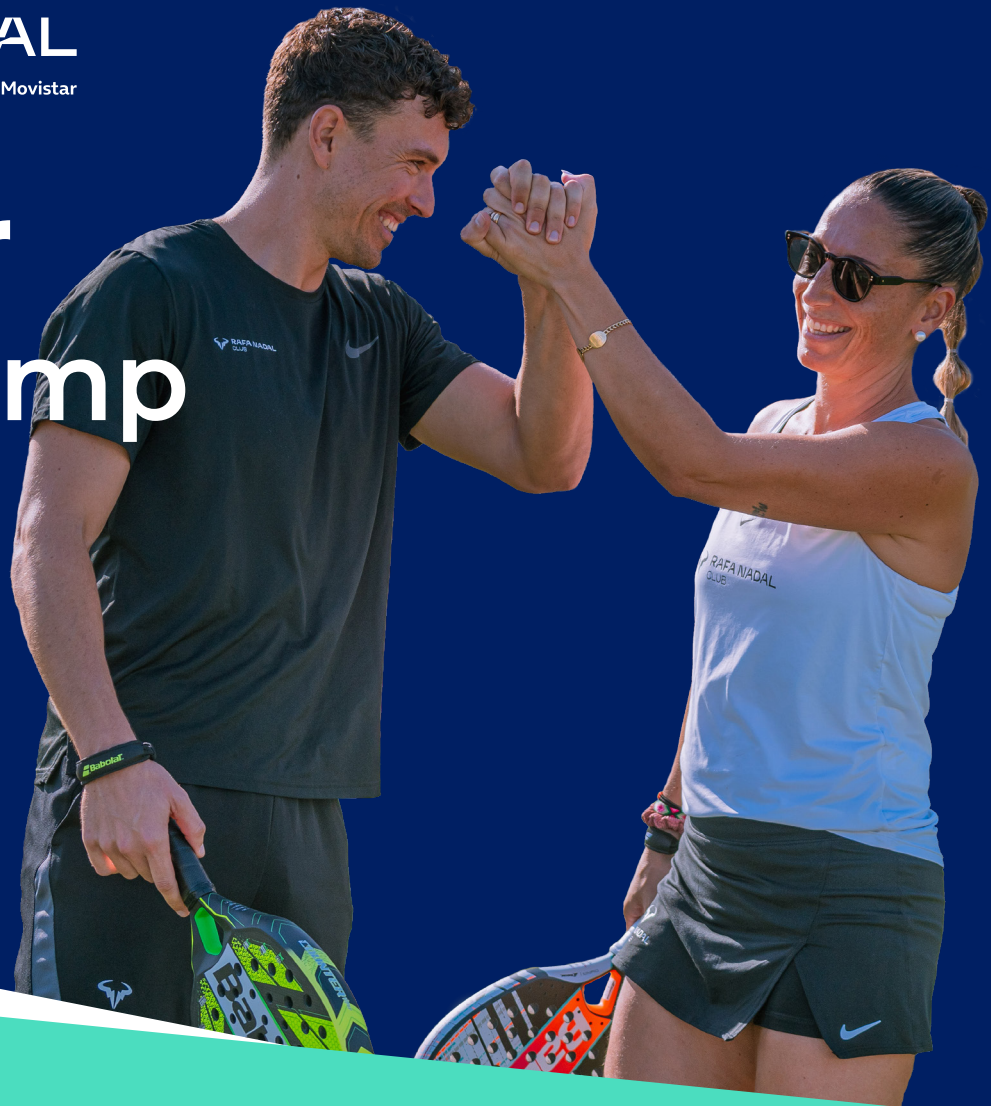


Easter Padel Camp Adult

For players
over 18 years old

24th March to 14th April, 2024
Mallorca



Includes

- 7 nights accommodation at Rafa Nadal Residence.*
- 12 weekly hours of technical paddle training. Court/player ratio 1:4.
- 5 hours of specific group physical preparation.
- 3 weekly hours of competition training. Court/player ratio 1:4.
- 4 hours of "Off Court" activities.
- Diploma delivery and local product tasting.**
- Barbecue and live music evening.**
- Entrance to the Rafa Nadal Museum*.
- Free use of the Fitness Centre with over 200 scheduled activities per week. (Excluding CrossFit RNC 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 accommodation option.*

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

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

Now you can book your spot at the **first Easter Padel Camp Adult** at the Rafa Nadal Academy by Movistar! This comprehensive camp for adult players will take place from March 24th to April 14th, 2024. **Players can book one, two, or three weeks of the program**, from March 24th to 31st, from March 31st to April 7th, and/or from April 7th to 14th.

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

It's **available for amateur players** who want to enjoy an unforgettable experience at **one of the world's top high-performance sports centers**.



Participants at the Easter Padel Camp Adult will improve their technique, physical fitness, and on-court skills using the training system of the Rafa Nadal Academy by Movistar, all within the incomparable setting of Mallorca.

It's also a perfect plan for families who want to enjoy vacations in **Mallorca**. At the Academy we also offer an Easter Camp for children from 8 to 18 years old and a KIDS version for children from 6 to 10 years old, adapted to all levels of play

Weekly schedule

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

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

Facilities

- Fitness center
- Spa & beauty salon
- 45 tennis courts
- 1 indoor semi-olimpic 25 m pool
- Sports Clinic by Quironsalud
- 23 hard courts (19 outdoor & 4 indoor)
- 22 clay courts (15 outdoor & 7 semi-covered)
- 2 outdoor recreational pools
- 1 seven-a-side field
- 15 padel courts
 - 6 indoor
 - 9 outdoor (3 panoramic)
- Beach volley, squash, padbol and multisports courts

