

Easter Tennis Camp Adult

For players over 18 years of age

24th March to 14th April, 2024
Mallorca



Includes

- 7 nights accommodation at Rafa Nadal Residence*.
- 12 hours of technical tennis training per week. Ratio court/player 1:4.
- 5 hours of specific physical preparation in group.
- 4 hours of "Off Court" activities.
- Presentation of diplomas and tasting of local products **.
- Barbecue and live music in the afternoon **.
- Entrance to the Rafa Nadal Museum*.
- Free use of the Fitness Centre with more than 200 guided activities per week (excluding CrossFit and Yoga & Pilates Studio).
- Free access to the 25 m indoor swimming pool and the Spa with hydrothermal circuit, sauna and Turkish bath.
- Welcome gift.

* Only included in the option with accommodation.

** Included for the player's companion.

Add competition to your programme by booking the PLUS version of the Easter Tennis Camp:

- 8 hours of tennis training competition per week. Court/player ratio 1:4.
- 1 functional assessment with a physiotherapist from the Rafa Nadal Academy by Movistar.

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

You can now book your place at the first Rafa Nadal Academy by Movistar Easter Tennis Camp Adult! This complete Camp for adult players will take place from 24 March to 14 April 2024. Players can book one, two or three weeks of the programme, from 24 to 31 March, 31 to 07 April and/or 07 to 14 April.

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 is available for amateur tennis players who wish to enjoy an unforgettable experience in one of the best high performance sports centres in the world.



You can also add competition to your tennis programme with our **Easter Tennis Camp Adult Plus**, where you can enjoy everything included in the Easter Tennis Camp Adult has to offer and include 8 hours of competitive tennis training and a functional assessment with one of our physiotherapists.

The Easter Tennis Camp Adult players will improve their technique, physical condition and on-court skills with the Rafa Nadal Academy by Movistar training system in the incomparable setting of Mallorca. It is also a perfect plan for families who wish to enjoy a tennis holiday 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		Tennis training lessons						
11:00h - 12:00h		Physical preparation						Check out
13:00h								
13:30h - 14:30h	Check in	Activities "Off Court"				BBQ	Closing event + local food tasting	
14:30h - 15:30h		Lunch					Live Music	Lunch
16:00h						Live Music		
17:00h							Live Music	
18:00h - 19:00h		Tennis competition training				Live Music		
20:00h							Live Music	
21:00h		Dinner						

*The schedule may be subject to change depending on the number of participants in the programme and the group assigned.

 Easter Tennis Camp Adult plus option only

Facilities

- 45 tennis courts | 23 hard courts (19 outdoor & 4 indoor)
22 clay courts (15 outdoor & 7 semi-covered)
- 15 padel tennis courts | 6 indoor courts
6 outdoor courts
3 panoramic courts
- Fitness center
- 1 indoor semi-olympic 25 m pool
- 2 outdoor recreational pools
- 1 Beach volley court
- Spa & beauty salon
- Sports Clinic by Quironsalud
- 1 seven-a-side field
- 1 Padbol courts
- 2 Squash courts

