

# Summer Padel Camp Adult

For players over 18 years old

16<sup>th</sup> June to 25<sup>th</sup> August, 2024  
Mallorca



## INCLUDES

- 7 nights accommodation at Rafa Nadal Residence.\*
- 12 weekly hours of technical padel 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 ceremony and tasting of local products.\*\*
- Barbecue and live music afternoon.\*\*
- 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 option with accommodation.*

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

# Do you want to improve your padel tennis skills and live a unique experience?

Now you can book your spot at **the first Summer Padel Camp Adult** at the Rafa Nadal Academy by Movistar!

This comprehensive camp for adult players will take place **from June 16<sup>th</sup> to August 25<sup>th</sup>, 2024**. Players can book **one, two, or as many weeks as they want** of the program.

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



It is available **for amateur players** who wish to enjoy an unforgettable experience **at one of the best high-performance sports centers in the world**.



Participants of the Summer Padel Camp Adult will **improve their technique, physical condition, and on-court skills** with the training system of the Rafa Nadal Academy by Movistar in the incomparable setting of Mallorca.

It's also a **perfect plan for families who want to enjoy a vacation in Mallorca**. At the Academy, we also offer a Summer Tennis Camp for children aged 8 to 18, and a KIDS version for children aged 6 to 10, adapted to all levels of play.

## Train with the method of Rafa Nadal and his team!



# SCHEDULE

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

\*The weekly activity schedule will be adjusted for each age group.



## FACILITIES

- 16 padel courts
  - 7 indoor courts
  - 6 outdoor courts
  - 3 panoramic courts
- 45 tennis courts
  - 23 hard courts (19 outdoor & 4 indoor)
  - 22 clay courts (15 outdoor & 7 semi-covered)
- Supervised residence
- Fitness Center
- Indoor and outdoor 25m swimming pool
- 1 seven-a-side football field
- Sports Clinic by Quirónsalud
- Restaurant & Players room
- Beach volley, squash, padbol & multisports courts

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