

Summer Tennis Camp Adult

For players over 18 years old

16th June to 25th August, 2024 Mallorca

- 7 nights accommodation at Rafa Nadal Residence.*
- 12 weekly hours of technical tennis training. Court/player ratio 1:4.
- 5 hours of specific group physical preparation.
- 4 hours of "Off Court" activities.
- Diploma ceremony and tasting of local products.**
- Barbecue and live music afternoon.**
- Entrance to the Rafa Nadal Museum.*
- $\cdot\,$ Free use of the Fitness Centre with over 200 scheduled activities per week.
- (Excluding CrossFit 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.

Add competition to your program by booking the PLUS version:

- 8 hours of weekly tennis competition training. 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 skills and live a unique experience?

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

This comprehensive camp for adult players will take place from June 16th to August 25th, 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.**



In addition, you can add competition to your tennis program with our **Summer Tennis Camp Adult Plus**, where you can enjoy everything the Summer Tennis Camp Adult has to offer and **include 8 hours of competition training tennis and a functional assessment with one of our physiotherapists.**

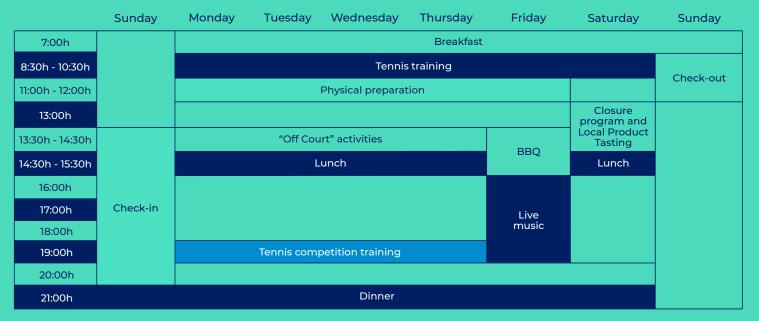
Participants of the Summer Tennis Camp Adult will **improve their technique, physical condition, and on-court skills** with the training system of the Rafa Nadal Academy by Movistar in the incomparable setting of Mallorca.

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



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

Only in PLUS option

- 45 tennis courts
 - 23 hard courts (19 outdoor & 4 indoor)22 clay courts (15 outdoor & 7 semi-covered)
- 16 padel courts
 - 7 indoor courts
 - 6 outdoor courts
 - 3 panoramic courts
- Supervised residence
- Fitness Center

ACILITIES

- 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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