

TOTAL TENNIS DAILY

"STAY & PLAY" ADULT PROGRAM



IT INCLUDES

- 2 hours of group tennis training per day. Court/player ratio: 1/4
- Available program from Monday to Sunday.*
- Free use of the Fitness Centre with more than 200 guided activities per week. **
- Free access to the 25 m indoor semi-Olympic pool and outdoor recreational pool. **
- Free access to the Beauty Spa with hydrothermal circuit, sauna and Turkish bath. **
- Welcome gift.
- Private car park.

*Check-in and check-out any day of the week.
**Only included in the programme plus accommodation option.

DO YOU WANT TO IMPROVE YOUR LEVEL OF TENNIS WITH THE COACHES OF THE RAFA NADAL ACADEMY BY MOVISTAR?

Total Tennis Daily is a fully flexible version of Total Tennis Camp, the Rafa Nadal Academy's flagship programme.

In this programme for adults, players will have small-group training sessions while sharing great moments on the court with players from all over the world.

Tennis lessons are held every day from Monday to Sunday. The sessions are 2 hours long and, throughout the week, we will work on improving the following objectives:

1. Groundstrokes.
2. Attacking and defensive shots.
3. At the net: volleys and smashes.
4. Serves and returns.
5. Ball direction.
6. Backhand slice.
7. Combined objectives.

The trainers will adapt the intensity of the sessions to the level of the group in order to achieve the best results.

Total Tennis Daily is a very flexible programme as it is adapted to the players' stay:

- It is available every day of the week, from Monday to Sunday.
- Players can start their programme on any day of the week.
- The programme's duration can be from 1 to 7 days, depending on the length of the players' stay.

Improve your technical-tactical game while enjoying a group training session that will allow you to learn and compete with other participants. You can also combine your training with other sports and leisure activities that we offer you at our facilities.



FACILITIES

- 37 tennis courts:
 - 23 hard court (19 outdoor and 4 indoor)
 - 14 clay courts (7 outdoor and 7 covered)
- 12 paddle courts:
 - 6 indoor courts
 - 6 outdoor courts
- Fitness centre
- 1 semi-olympic swimming pool 25m
- 1 outdoor swimming pool

- 1 football pitch
- 1 beach volley court
- 1 Padbol court
- 2 squash courts
- Spa and beauty salon



THE SAFETY OF YOUR CHILDREN IS THE MOST IMPORTANT THING. TRAIN SAFE!

The facilities of the Academy have been adapted to comply with the safety and hygiene protocols established by health authorities. Thanks to synergy with QuirónSalud (healthcare partner of the Academy) the Rafa Nadal Academy by Movistar has been considered a success story by the press and international institutions, and an example of safety and trust thanks to its management during the health crisis caused by COVID-19.

It has also obtained the seal "Safe COVID-19 Protocol by Quirónsalud" issued by Applus+. This seal certifies the quality and efficiency of the Academy's work processes to guarantee the safety and well-being of all its players. We are very proud of our human team, which has obtained the experience and knowledge necessary to develop a protocol that guarantees a safe stay and sports practice in our facilities.

To guarantee a safe environment, all players and guests of the Rafa Nadal Academy by Movistar must comply with the health measures approved by the Government of the Balearic Islands, which include restrictions on the entry of passengers to Mallorca.

Procedure for passengers from a foreign country: <https://spth.gob.es/>
Procedure for passengers from Spanish territory: <https://www.ibsalut.es/es/viajar-a-baleares>



(+34) 971 845 022

sales@rafanadalacademy.com

www.rafanadalacademy.com