

Christmas

TENNIS CAMP
ADULT

WEEKLY PROGRAM
DECEMBER 21st - JANUARY 4th

INCLUDE

- ✓ 7 nights' accommodation at Rafa Nadal Residence*
- ✓ 12 hours per week of technical and tactical tennis training (1:4 player/coach ratio)
- ✓ 45 minutes of morning warm-up and physical activation before tennis (Monday to Saturday)
- ✓ 4 "Off Court" talks: technique/ tactics; nutrition; sports psychology y recovery
- ✓ Closing ceremony, diploma presentation, and local product tasting **
- ✓ December 31st: Lucky Grapes & DJ Party (10:00 p.m.-2:00 a.m., Club House)
- ✓ Admission to the Rafa Nadal Museum Xperience*
- ✓ Unlimited use of the Fitness Centre with over 200 group classes per week (CrossFit and Yoga & Pilates Studio not included)
- ✓ Access to the 25 m indoor pool and Spa with hydrothermal circuit, sauna, and Turkish bath*
- ✓ Welcome gift

** Included only in the accommodation package. ** Also included for accompanying guests*

Add competition to your program by booking the **PLUS** version

- ✓ 6 additional hours per week of tennis competition training (1:4 player/coach ratio)
- ✓ One individual functional assessment (25 minutes) with a physiotherapist

Christmas Tennis Camp Experience

The **Christmas Tennis Camp** blends **sport, learning, and festive spirit** in a unique week to enjoy tennis during the holiday season at the **Rafa Nadal Academy by Movistar**.

Inspired by the **Rafa Nadal Methodology**, the program offers the perfect balance between **training, wellbeing, and social experiences**, creating a warm and dynamic environment to end the year in the best possible way.



Train with the Rafa Nadal Methodology!

- 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
- 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

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00h - 8:30h	Breakfast						Check-in Check-out
9:30h - 10:15h	Physical Training						
10:30h - 12:30h	Technical and tactical tennis training					Christmas Challenger + Closing Ceremony	
12:30h - 13:30h	Free time						
13:30h - 15:30h	Tennis training						
14:30h - 15:30h	Meals and free time					Free time	
15:30h - 17:30h	Group tennis training					Themed dinner and social events	Free time
17:30h - 20:00h	Off-court activities and group leisure						
20:00h	Dinner		Christmas Eve Dinner / New Year's Eve	Dinner			
21:00h	Free time						

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

 Only PLUS option

FACILITIES



Special Activities and Highlights

Beyond daily training, you'll enjoy a series of experiences that make the Christmas Tennis Camp unforgettable:

- ✓ **Christmas Challenger:** a fun and friendly tennis event (2h)
- ✓ **Three "Building a Champion" sessions** to inspire personal growth on and off the court
- ✓ **Weekly Wingfield Challenge**, an advanced stroke analysis experience using cutting-edge technology
- ✓ **Leisure activities and local gastronomy** to enjoy the festive atmosphere

During the holiday period, participants will enjoy **special Christmas or New Year's lunches** and a **Gala Dinner on Christmas Eve or New Year's Eve**, with grapes, music, and a DJ — the perfect festive finale.



Your best gift: Tennis, wellness & celebration

The **Christmas Tennis Camp** and its **PLUS version** are more than a sports program — they're a unique festive experience that combines **tennis, wellness, and celebration** in the inspiring environment of the Rafa Nadal Academy by Movistar. Make sure you don't miss it!