

Christmas

TENNIS CAMP ADULT

WEEKLY PROGRAM
DECEMBER 21st - JANUARY 4th

INCLUDE

- 7 nights of accommodation at Rafa Nadal Residence*
- 12 hours per week of technical and tactical tennis training (court/player ratio: 1:4)
- 2 hours of special Christmas tennis activity (Christmas Challenge)
- 3.75 hours of specific group physical conditioning
- 4 "Building a Champion" sessions
- Group leisure activity
- Access to the Weekly Wingfield Challenge
- Christmas / New Year's lunch*
- Closing ceremony with certificate award and local product tasting**
- December 31st: "Uvas de la Suerte" and DJ Party (from 10 p.m. to 2 a.m. at the Club House)
- Admission to the Rafa Nadal Museum*
- Free use of the Fitness Centre with more than 200 instructor-led activities per week (excluding CrossFit and Yoga & Pilates Studio)
- Access to the 25 m indoor pool and Spa with hydrothermal circuit, sauna, and steam bath*
- Welcome gift
- ** Included only in the accommodation package and depending on the selected meal plan.*
- *** Adults over 18 years old only.*

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	
8:30h - 10:30h	Technical and tactical tennis training						
10:45h - 11:30h	Physical Training						
11:30h - 13:00h	Free time				Closing Ceremony + Local Product Tasting		
13:00h - 14:00h	Building a Champion	Free time		Building a Champion	Free time		
14:00h - 15:30h	Meals and free time		Christmas lunch	Meals and free time			
15:30h - 17:00h	Group tennis training	Christmas Challenge	Free time	Group tennis training	Leisure Group Activities	Free time	
19:30h	Free time		Christmas Eve Dinner/New Year's Eve	Free time		Leisure Group Activities	Free time
20:00h	Dinner			Dinnner			
21:00h	Free time					Dinner and 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!