

- 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

 $\cdot$  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					
8:30h - 10:30h	Technical and tactical tennis training					
10:45h - 11:30h	Physical Training					ny
11:30h - 13:00h	Free time				Closing Ceremony	
13:00h - 14:00h	Building a Champion	Free t	ime	Building a Champion	+ Local Product Tasting	
14:00h - 15:30h	Meals and free time		Christmas Iunch	Meals and free time	Free time	
15:30h - 17:00h	Group tennis training	Christmas Challange	Free time	Group tennis training	Leisure Group	Fue e time e
19:30h	Free time	Christmas Eve Dinner/New Year's	s Eve V Year's		Activities	Free time
20:00h	Dinner			Dinnner		Dinner and
21:00h	Free time					Free time

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



# **FACILITIES**



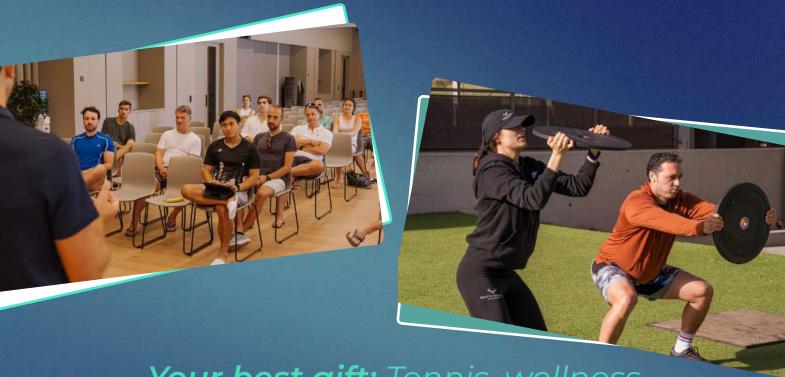


#### Special Activities and Highlights

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!