

SUMMER TENNIS CAMP **ADULT**

JUNE 14 - AUGUST 23, 2026

-20%

ON YOUR FLIGHTS TO MALLORCA

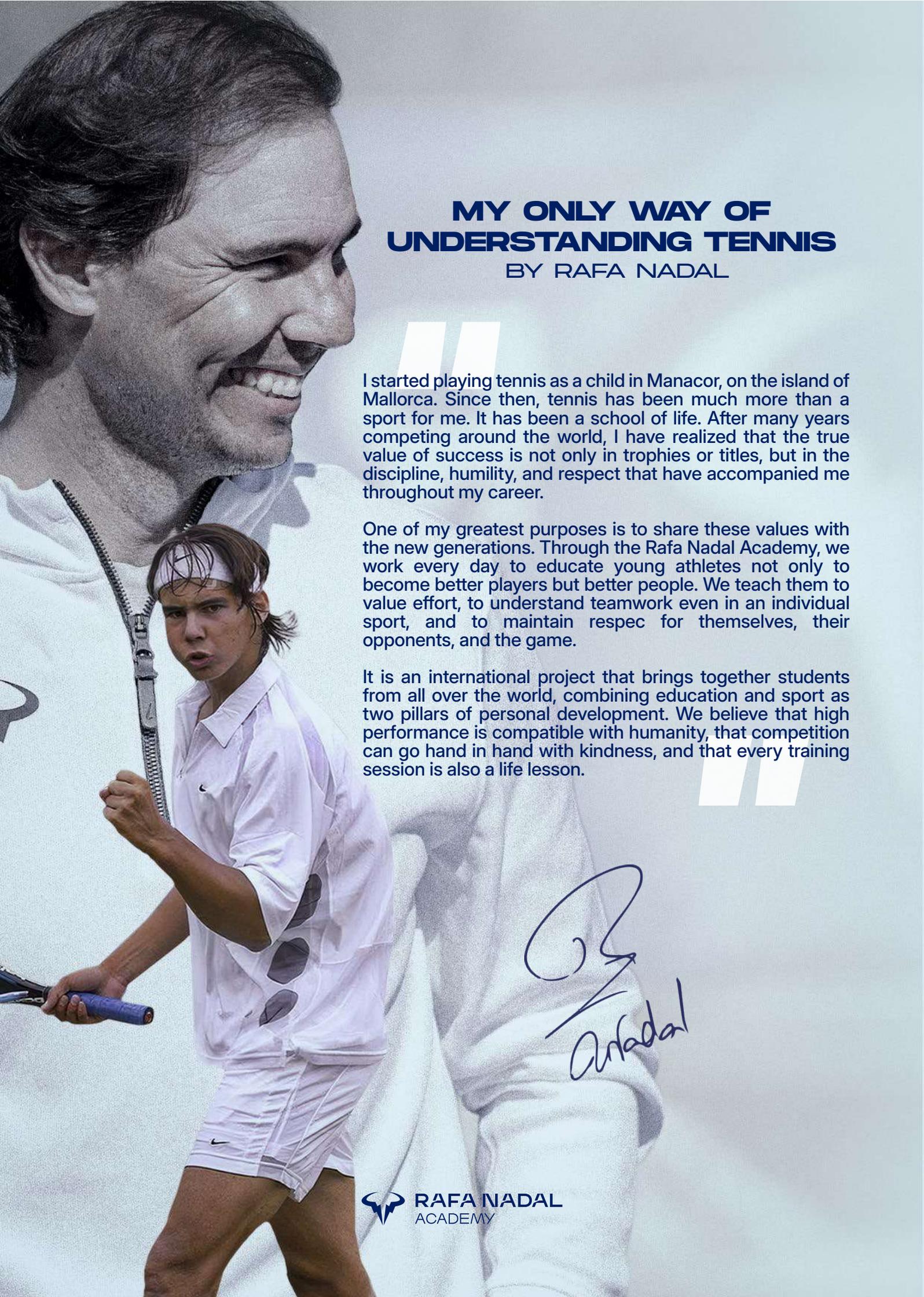
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MALLORCA
RAFA NADAL ACADEMY

WEEKLY GROUP PROGRAM

FOR PLAYERS OVER 18 YEARS OLD



MY ONLY WAY OF UNDERSTANDING TENNIS

BY RAFA NADAL

I started playing tennis as a child in Manacor, on the island of Mallorca. Since then, tennis has been much more than a sport for me. It has been a school of life. After many years competing around the world, I have realized that the true value of success is not only in trophies or titles, but in the discipline, humility, and respect that have accompanied me throughout my career.

One of my greatest purposes is to share these values with the new generations. Through the Rafa Nadal Academy, we work every day to educate young athletes not only to become better players but better people. We teach them to value effort, to understand teamwork even in an individual sport, and to maintain respect for themselves, their opponents, and the game.

It is an international project that brings together students from all over the world, combining education and sport as two pillars of personal development. We believe that high performance is compatible with humanity, that competition can go hand in hand with kindness, and that every training session is also a life lesson.



WHAT'S INCLUDED

12h

TENNIS TECHNICAL TRAINING

Court/player ratio 1:4

4,5h

PHYSICAL PREPARATION

Group specific training

4h

OFF COURT ACTIVITIES

- 7 nights boarding at Rafa Nadal Residence.*
- Diploma presentation and tasting of local products.**
- Barbecue and live music afternoon.**
- Entry to the Rafa Nadal Museum.*
- Free use of the Fitness Centre with over 200 weekly guided activities (excluding CrossFit and Yoga & Pilates Studio).*
- Free access to the 25m indoor pool and Spa with hydrothermal circuit, sauna, and Turkish bath.*
- Welcome pack.

* Only included in the boarding option.

** Included for the player's accompanying person.

ADD COMPETITION TO YOUR PROGRAM BY BOOKING THE PLUS VERSION:

- 8 hours per week of competitive tennis training. Court/player ratio 1:4.
- 1 functional assessment with a Rafa Nadal Academy physiotherapist.



DO YOU WANT TO IMPROVE YOUR TENNIS AND LIVE A UNIQUE EXPERIENCE?

You can now reserve your spot at the first Summer Tennis Camp Adult at the Rafa Nadal Academy! This complete camp for adult players will take place from June 14 to August 23, 2026. Players can book one, two, or as many weeks of the program as they wish.

This experience includes technical and tactical tennis training, physical preparation, competition, off-court activities such as nutrition or sports psychology talks, and fun social group activities.



The Adult Plus adds a competitive focus to the Summer Tennis Camp Adult, incorporating advanced training and professional physical assessment.

The program improves technique, physical condition, and on-court skills following the **Rafa Nadal Academy** training system, in the privileged environment of Mallorca.

It is also an ideal option for families who want to combine sport and vacation, with children's programs available for ages 8–18 and a Kids version for ages 6–10.

SCHEDULE

WEEKLY PROGRAM

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
7:00		BREAKFAST						
9:30 - 10:30		PHYSICAL PREPARATION						DEPARTURE
10:30 - 12:30		TENNIS						
13:00		FREE TIME						
13:30 - 14:30	ARRIVAL	OFF COURT ACTIVITIES				BBQ	CLOSURE / LOCAL PRODUCT TASTING	
14:30 - 15:30		LUNCH						
16:00		FREE TIME						
17:00		FREE TIME						
18:00		FREE TIME						
19:00 - 21:00		TENNIS COMPETITION PLUS ONLY*				BBQ + LIVE MUSIC		
21:00	DINNER							

*Schedule may be subject to change depending on the number of participants and assigned group.

 Only in the PLUS option.

FACILITIES

45 TENNIS COURTS

23 HARD COURTS

(19 OUTDOOR Y 4 INDOOR)

22 CLAY COURTS

(15 OUTDOOR Y 7 SEMI-COVERED)



19 PADEL COURTS

6 OUTDOOR COURTS

3 PANORAMIC OUTDOOR COURTS

3 PANORAMIC INDOOR COURTS

7 INDOOR COURTS

OTHER FACILITIES

- Supervised residence
- Fitness Center
- 25m indoor and outdoor pools
- 1 seven-a-side football field
- Sports Clinic by Quirón Salud
- Beach volleyball, squash, padbol, and multi-sport courts
- Restaurant and players' lounge

**INSPIRING
PEOPLE
TO ACHIEVE
THEIR
OWN IDEAL**

SUMMER
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CAMP **ADULT**

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