



RAFA NADAL  
ACADEMY

# EASTER TENNIS CAMP

## ADULT

MARCH 29 - APRIL 19

**-20%**

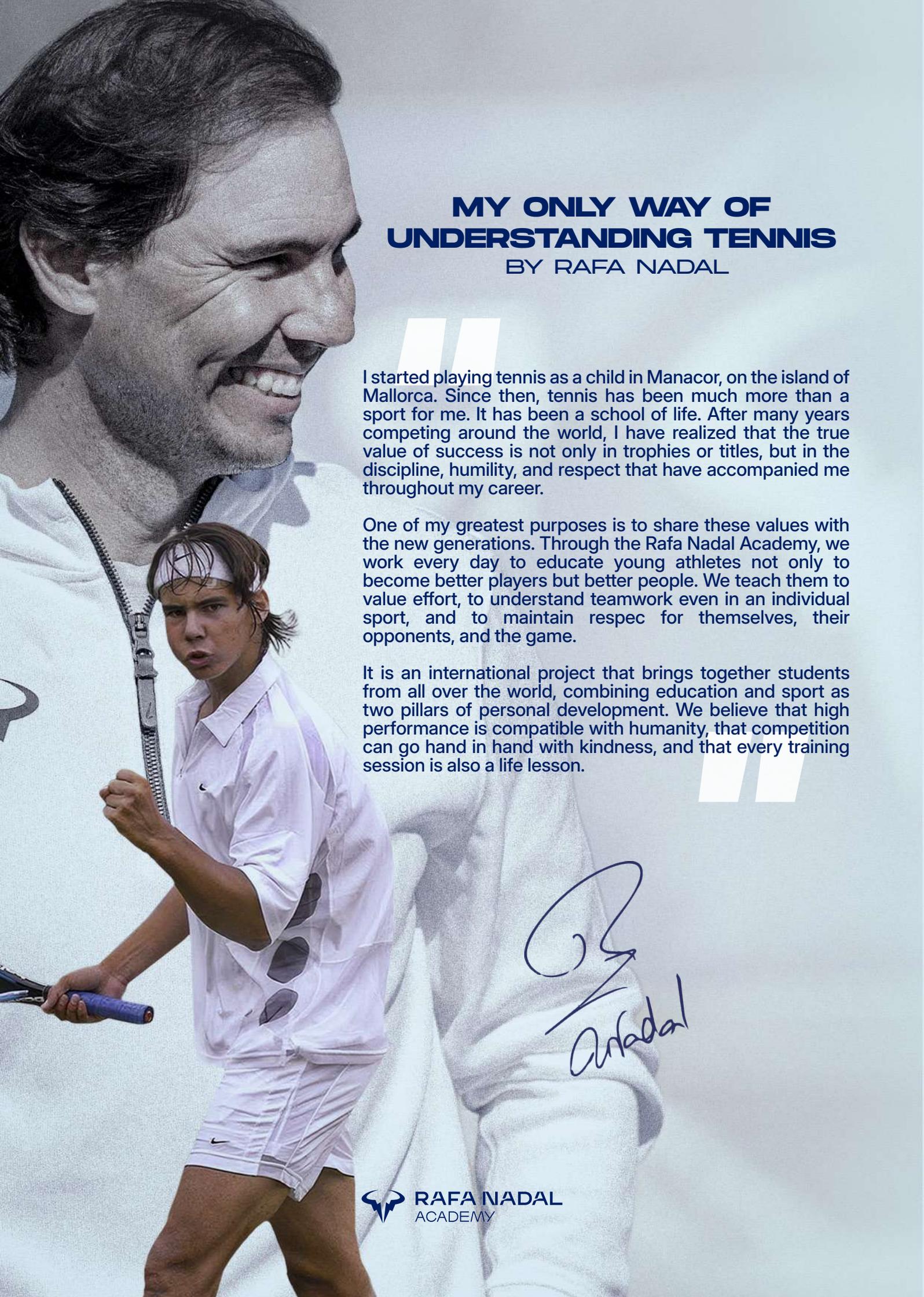
on your flights to Mallorca!

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RAFA NADAL ACADEMY · MALLORCA

FOR 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.

*Rafael Nadal*



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ACADEMY

# WHAT'S INCLUDE

## TRAINING & FUN ACTIVITIES

**12h**

**TECHNICAL TENNIS  
TRAINING**

Player ratio 1/4

**4,5h**

**PHYSICAL  
PREPARATION**

Before the tennis session

**4**

**OFF-COURT  
ACTIVITIES**

- 7 nights' accommodation at the Rafa Nadal Residence.\*
- BBQ & Live Music on Friday\*\*
- Closing ceremony: Local products tasting & diplomas
- Entry to the Rafa Nadal Museum\*Free access to the Fitness Center with over 200 guided activities per week\*
- Free use of pool, SPA, sauna and Turkish baths\*
- Welcome pack

**ADD COMPETITION TO YOUR PROGRAM BY BOOKING THE PLUS VERSION:**

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

\* Included only in the accommodation option.

\*\* Included for the player's accompanying person.



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

You can now book your spot in the first **Rafa Nadal Academy Easter Tennis Camp Adult**. This complete camp for adult players will take place between **March 29 and April 19**. 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 talks or sports psychology sessions, and **fun group social activities**.



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

The program enhances **technique, fitness, and on-court skills following the Rafa Nadal Academy training system**, in the privileged setting of Mallorca.

It is also an ideal option for families looking to combine sport and holidays, with **junior programs available for players aged 8 to 18** and a **Kids version adapted for children aged 6 to 10**.

# SCHEDULE

WEEKLY PROGRAM

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
7:30		*BREAKFAST						
9:30 - 10:30		PHYSICAL PREPARATION						DEPARTURES
10:30 - 12:30		TENNIS						
13:00		OFF COURT ACTIVITIES				BBQ +LIVE MUSIC	CLOSING CEREMONY & LOCAL PRODUCTS TASTING	
14:00 - 15:30	ARRIVALS	*LUNCH						
15:30 - 17:30		COMPETITIVE TENNIS TRAINING *PLUS OPTION ONLY						
18:00 - 19:30		FREE TIME						
19:30		*DINNER						

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

\* Meals may vary depending on the accommodation and the selected board type.

 Plus option only.

# 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**

**EASTER**  
TENNIS CAMP  
**ADULT**

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