



AUTUMN TENNIS CAMP **ADULT**

OCTOBER 11th - NOVEMBER 1st 2026



MALLORCA
RAFA NADAL ACADEMY

FOR AGES 18 AND OVER



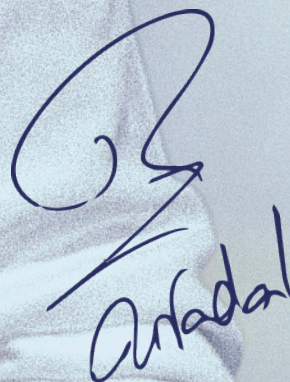
MY ONLY WAY OF UNDERSTANDING TENNIS

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.



Raf Nadal

WHAT'S INCLUDED

TRAINING & RECREATIONAL ACTIVITIES

12h

**TECHNICAL TENNIS
TRAINING**

4,5h

**PHYSICAL
PREPARATION**

4h

**OFF COURT
ACTIVITIES**

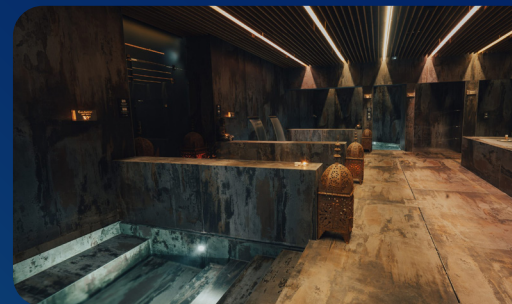
- 7 nights boarding at Rafa Nadal Residence.*
- Diploma presentation and tasting of local products.**
- BBQ and live music afternoon.**
- Free use of the Fitness Centre with over 200 weekly guided activities (Excluding CrossFit and Yoga & Pilates Studio).*
- Free access to the 25m indoor pool and Spa 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 Autumn Tennis Camp Adult at the Rafa Nadal Academy! This complete camp for adult players will take place from October 11th to November 1st, 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 Autumn 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							
8:30 - 10:30		TENNIS*						CHECK-OUT	
11:00 - 12:00		PHYSICAL PREPARATION							
13:00	CHECK-IN	FREE TIME					DIPLOMA PRESENTATION & TASTING OF LOCAL PRODUCT		
13:15 - 14:30		OFF COURT ACTIVITIES							
14:30 - 15:30		LUNCH							
15:30		TRAINING TENNIS COMPETITION PLUS ONLY*							
17:00		FREE TIME					FREE TIME		
18:00		FREE TIME					FREE TIME		
19:00		FREE TIME					FREE TIME		
20:00		FREE TIME				BBQ		FREE TIME	
21:00		DINNER					LIVE MUSIC	DINNER	

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

 Only in the PLUS option.

FACILITIES

44 TENNIS COURTS

22 HARD COURTS

(19 OUTDOOR Y 3 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

- Rafa Nadal 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
- Restaurants, Rafa Nadal Shop, and much more!



RAFA NADAL
ACADEMY

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**INSPIRING
PEOPLE
TO ACHIEVE
THEIR
OWN IDEAL**

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