

CHRISTMAS PADEL CAMP

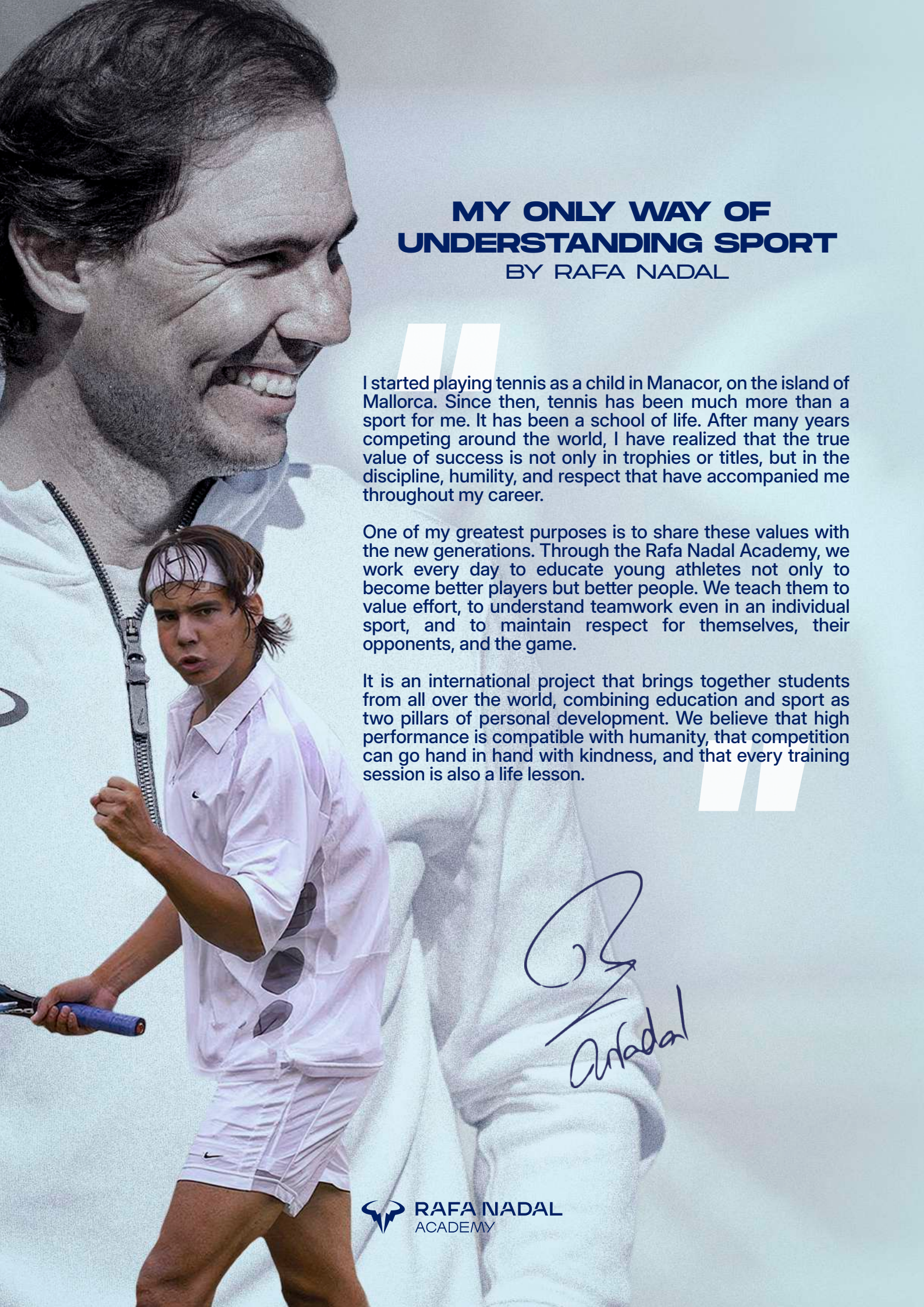
ADULT

DECEMBER 27th, 2026 - JANUARY 3rd, 2027



MALLORCA
RAFA NADAL ACADEMY

FOR PLAYERS OVER 18 YEARS



MY ONLY WAY OF UNDERSTANDING SPORT

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.

Rafa Nadal



RAFA NADAL
ACADEMY

WHAT'S INCLUDED

18h

PADEL TRAINING

3h45min

PHYSICAL PREPARATION

Specific group physical preparation

3h

OFF COURT ACTIVITIES

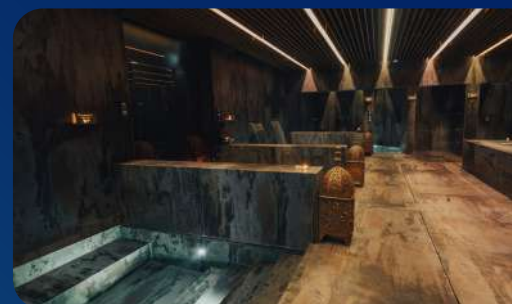
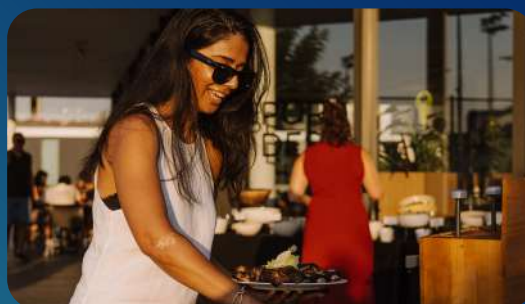
- 7 nights' accommodation at the Rafa Nadal Residence.*
- December 31st Night: Lucky grapes and DJ Party.
- 3 hours of 'off-court' activities.
- Certificate presentation and tasting of local produce.**
- Group leisure activity.
- Unlimited use of the Fitness Centre with over 200 supervised activities per week. (Excluding CrossFit and the Yoga & Pilates Studio).*
- Unlimited access to the 25m indoor swimming pool and the Spa with hydrotherapy circuit, sauna and Turkish bath.*
- Welcome gift.
- 50% OFF admission to the Rafa Nadal Museum.

* Included only in the accommodation option.

** Included for the player's accompanying person.

MORNING OPTION AVAILABLE:

- 12 hours per week of technical padel training.
- Court/player ratio 1:4.



DO YOU WANT TO IMPROVE YOUR PADEL AND LIVE A HIGH-PERFORMANCE EXPERIENCE?

You can now book your place at the **Rafa Nadal Academy Christmas Padel Camp Adult**.

This complete camp for adult players will take place from **December 27th, 2026, to January 3rd, 2027**.

The program is designed for **players of all levels** who want to improve their performance and enjoy a **high-level training experience** at one of the most prestigious sports centers in the world.

This experience includes **technical and tactical padel training, work on real match situations, specific physical preparation, competition, and off-court activities such as nutrition and sports psychology talks, as well as group social activities.**



Participants in the Christmas Padel Camp Adult train following the methodology of Rodri Ovide, Head of the Padel Area and head of the padel methodology at the Rafa Nadal Academy. This training system is based on **ball control, biomechanical efficiency, and natural movement, key elements to ensure solid and sustainable progression in the game.**

During the camp, players work in a practical way on **fundamental aspects of modern padel such as defense, counter-attacking, point construction, and attack, integrating tactical concepts and decision-making applied to real match situations.**

The Christmas Padel Camp Adult takes place in the unique setting of Mallorca and is also an ideal option for families looking to enjoy a sports-focused holiday on the island.

SCHEDULE

WEEKLY PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN				
07:00 - 08:15	BREAKFAST				FREE TIME	BREAKFAST					
08:30 - 09:15	FITNESS / WARM-UP					FITNESS / WARM-UP					
09:30 - 11:30	PADEL (TECHNICAL SESSION)					PADEL (TECHNICAL SESSION)					
11:30 - 13:00	FREE TIME					FREE TIME					
13:00 - 14:00	OFF COURT ACTIVITY	FREE TIME	OFF COURT ACTIVITY		TROPHIES & LOCAL PRODUCT TASTING						
14:00 - 16:30	LUNCH & FREE TIME										
16:30 - 18:00	PADEL (TACTICAL SESSION)					FIELD TRIP					

* The timetable is subject to change depending on the number of participants and the group assigned.

FACILITIES

44 TENNIS COURTS

22 HARD COURTS

(19 OUTDOOR AND 3 INDOOR)

22 CLAY COURTS

(15 OUTDOOR AND 7 SEMI-COVERED)



19 PADEL COURTS

6 OUTDOOR COURTS

3 PANORAMIC OUTDOOR COURTS

3 PANORAMIC INDOOR COURTS

7 INDOOR COURTS

* The courts used for the programs will be the recently built panoramic courts: 3 indoor and 5 outdoor.

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
- Restaurant and players' lounge

INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL



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