



# CHRISTMAS TENNIS CAMP **ADULT**

DECEMBER 20, 2026 - JANUARY 3, 2027



**MALLORCA**  
RAFA NADAL ACADEMY

FOR PLAYERS **OVER 18 YEARS OLD**



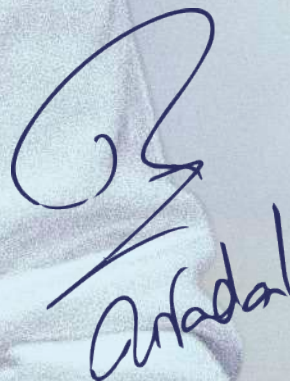
## MY ONLY WAY OF UNDERSTANDING TENNIS

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.

  
Rafael Nadal



**RAFA NADAL**  
ACADEMY

# WHAT'S INCLUDED

## TRAINING & FUN ACTIVITIES

**12<sub>h</sub>**

**TECHNICAL TENNIS  
TRAINING**

**4,5<sub>h</sub>**

**PHYSICAL  
PREPARATION**

**3<sub>h</sub>**

**OFF-COURT  
ACTIVITIES  
"BUILDING A CHAMPION"**

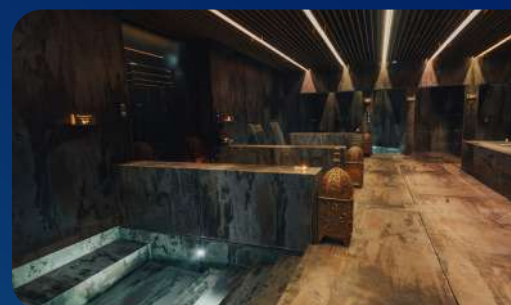
- 7 nights' accommodation at the Rafa Nadal Residence.\*
- Closing ceremony: Tasting of local produce & Certificates.\*\*
- Unlimited use of the Fitness Centre with over 200 supervised activities per week (excluding CrossFit and the Yoga & Pilates Studio).\*
- Unlimited use of the swimming pool, spa, sauna and Turkish baths.\*
- Welcome pack.
- 2 hours of special 'Christmas Challenge' tennis activity.
- Group leisure activity.
- Access to the Weekly Wingfield Challenge.
- 50% OFF on your Rafa Nadal Museum Ticket.

\* Included only in the accommodation option.

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

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

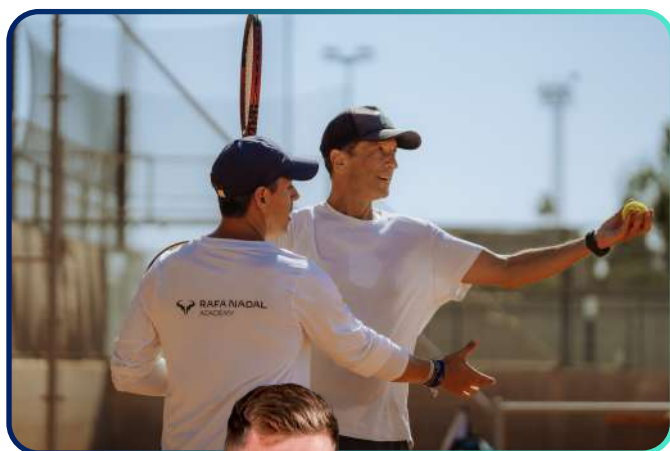
- 8 weekly hours of competitive tennis training. Court/player ratio 1:4.
- 1 functional assessment with a Rafa Nadal Academy physiotherapist.



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

You can now book your spot in the **Rafa Nadal Academy Christmas Tennis Camp Adult**. This complete camp for adult players will take place between **December 20th to January 3rd 2027**. 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 **Christmas 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

|               | MON                                  | TUE                 | WED       | THU                 | FRI          | SAT                                            | SUN                   |
|---------------|--------------------------------------|---------------------|-----------|---------------------|--------------|------------------------------------------------|-----------------------|
| 07:00 - 08:30 | BREAKFAST                            |                     |           |                     |              |                                                | CHECK IN<br>CHECK OUT |
| 08:30 - 10:30 | TACTICAL & TECHNICAL TENNIS PRACTICE |                     |           |                     |              |                                                |                       |
| 10:45 - 11:30 | PHYSICAL PREPARATION                 |                     |           |                     |              |                                                |                       |
| 11:30 - 13:00 | FREE TIME                            |                     |           |                     |              | CLOSING CEREMONY<br>&<br>LOCAL PRODUCT TASTING |                       |
| 13:00 - 14:00 | BUILDING A CHAMPION                  | FREE TIME           |           | BUILDING A CHAMPION |              |                                                |                       |
| 14:00 - 15:30 | LUNCH AND FREE TIME                  |                     |           |                     |              | FREE TIME                                      |                       |
| 15:30 - 17:30 | GROUP TENNIS PRACTICE                | CHRISTMAS CHALLENGE | FREE TIME |                     | TENNIS GROUP | GROUP ACTIVITY                                 | FREE TIME             |
| 19:30         | FREE TIME                            |                     |           |                     |              |                                                |                       |
| 20:00         | DINNER                               |                     |           |                     |              |                                                | DINNER &<br>FREE TIME |
| 21:00         | FREE TIME                            |                     |           |                     |              |                                                |                       |

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



Plus option only.

# 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

## 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



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# *INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL*

**CHRISTMAS**  
TENNIS CAMP **ADULT**

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