



CHRISTMAS TENNIS CAMP **ADULT**

DECEMBER 20, 2026 - JANUARY 3, 2027



MALLORCA
RAFA NADAL ACADEMY

FOR PLAYERS **OVER 18 YEARS OLD**



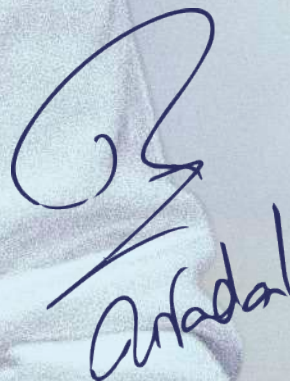
MY ONLY WAY OF UNDERSTANDING TENNIS

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_h

**TECHNICAL TENNIS
TRAINING**

4,5_h

**PHYSICAL
PREPARATION**

3_h

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

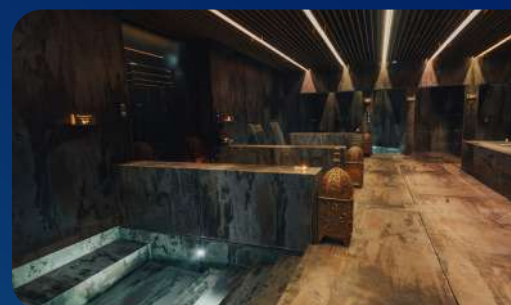
- 7 nights' accommodation at the Rafa Nadal Residence.*
- Night of December 31st: Lucky grapes and DJ Party.
- Closing ceremony: Tasting of local produce & Certificates.**
- Unlimited use of the Fitness Centre with over 200 supervised activities per week (excluding CrossFit and the Yoga & Pilates Studio).*
- 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:

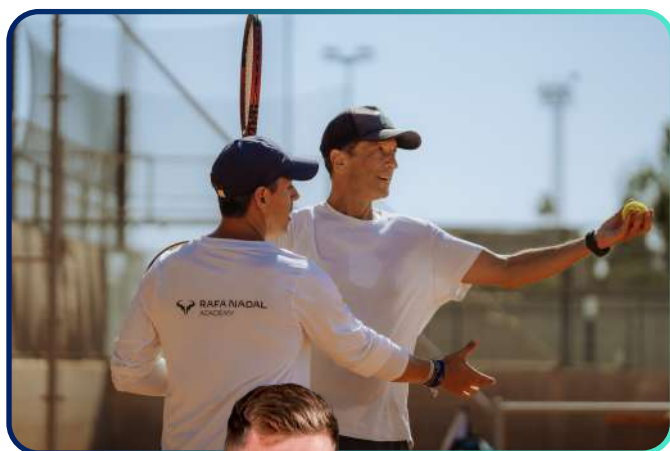
- 8 weekly hours of competitive tennis training. Court/player ratio 1:4.
- 1 functional assessment with a Rafa Nadal Academy physiotherapist.



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 CHECK OUT
08:30 - 10:30	TACTICAL & TECHNICAL TENNIS PRACTICE						
10:45 - 11:30	PHYSICAL PREPARATION						
11:30 - 13:00	FREE TIME					CLOSING CEREMONY & 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 & 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**

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