



RAFA NADAL
TENNIS CENTER
Costa Mujeres - Mexico

Summer Tennis Camp Junior

15th to 20th of July, 2024
22nd to 27th of July, 2024



For Juniors
(10 to 17 years old)

From intermediate
to advanced



Would you live a high performance experience?

During the **Summer Tennis Camp Junior** training sessions, players will work on key aspects of the game such as technique, tactics, physical condition and competitive mentality. In addition, players will enjoy **multiple recreational activities** in a unique environment such as the Mexican Caribbean. This program will take place **from July 15th to 20th, 2024 and from July 22nd to 27th, 2024**, the schedule of activities will be from Monday to Friday from 9.00 to 4.00 pm and Saturday from 9.00 am to 1.00 pm. Improve your game with the methodology of Rafa Nadal and his technical team!

Includes:

- 12h a week of group tennis training. Ratio 1:4. (2h/day)
- 6h of physical training per week (1h/day)
- 6h of Building a Champion activities per week (1h/day)
- 7.5h of aquatic and multisport activities per week
- Rafa Nadal Museum guided visit
- Welcome pack & presentation of diplomas
- Energy break & lunch

Schedule:

- 9-10am: Fitness
- 10-11am: Building a champion
- 11am-1pm: Tennis training
- 1-2:30pm: Junior Club + lunch
- 2:30-4pm: Leisure activities

Price:

\$18.370 MXN per week
5% discount siblings
15% discount members
(non cumulatives)

PALLADIUM
HOTEL GROUP