



**RAFA NADAL**  
TENNIS CENTER  
Costa Mujeres - Mexico

# Summer Tennis Camp Junior 2025

16<sup>th</sup> to 21<sup>st</sup> of June

21<sup>st</sup> to 26<sup>th</sup> of July

28<sup>th</sup> of July to 02<sup>nd</sup> of August



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 June 16<sup>th</sup> to 21<sup>st</sup>, from July 21<sup>st</sup> to 26<sup>th</sup>, and from July 28<sup>th</sup> to August 02<sup>nd</sup>, 2025**. It will take place from Monday to Friday from 9am to 4pm and on Saturday from 9am to 1pm. **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
- *\*Discounts non cumulatives*

**PALLADIUM**  
HOTEL GROUP