



SUMMER CAMP

COSTA MUJERES CANCUN

17 - 22 JULY, 2023
24 - 29 JULY, 2023



FOR JUNIORS
(10 TO 17 YEARS OLD)

FROM INTERMEDIATE
TO ADVANCED



Would you live a high performance experience?

At the training sessions they will work on all the important aspects to play such as technique, tactic, fitness and competitive attitude amongst others, always combined with leisure and recreative activities in a very special place such as the Mexican Carib. It will take place from Monday to Friday between 9am to 4pm and Saturdays from 9am to 1pm.

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)