RAFA NADAL TENNIS CENTRE
COSTA MUJERES

PALLADIUM
HOTEL GROUP

ADULT & JUNIOR PROGRAMS COSTA MUJERES CANCUN

TENNIS PARADISE

The Rafa Nadal Tennis Center is a new line of sports centres, inspired by the Rafa Nadal Academy by Movistar (Mallorca, Spain), located in high end resorts and holiday complexes in leading global destinations.

With its stunning sports facilities and wide range of tennis programs for adults and children, the Rafa Nadal Tennis Center offers tennis lovers an unforgettable experience, submerging them in a professional environment with the best coaching staff in the world.

At the Costa Mujeres Rafa Nadal Tennis Center players are able to train under the same methodology used at the Rafa Nadal Academy by Movistar while they enjoy their spectacular holidays in Costa Mujeres, a paradise destination just 30 minutes from Cancun (Mexico).

Our methodology is based on an exclusive training system designed through the experience acquired by Rafa Nadal and his coaching staff during their many years of learning on the ATP Tour.

OFFICIAL CENTER OF

RAFA NADAL ACADEMY BY movistar

ADULT & JUNIOR PROGRAMS

- Programs will adapt to your stay with options from 2 days (not consecutive if needed).

- Tennis classes are from Monday to Saturday. On Sundays there aren't tennis programs but the training session can be taken on another day.

PREMIUM TENNIS PROGRAM

FOR ADULTS (+18 YEARS OLD)
& JUNIORS (8 TO 17 YEARS OLD)

ALL
LEVELS

RATIO
COURT-PLAYER
1:1

If you are looking for an exclusive and fully customised tennis experience, this program is for you!

The Premium Tennis Program is a high-intensity program taught by the Rafa Nadal Tennis Center coaches with the Rafa Nadal Academy by Movistar training methodology. Our methodology is based on an exclusive training system designed through the experience acquired by Rafa Nadal and his coaching staff during their many years of learning on the ATP Tour.

The aim of this program is to improve tennis skills and tactics through sessions that are fully customised to the various standards and needs. The sessions are based on daily training goals, previously defined between the player and the coach. All classes are private, which means 1 player per court, optimising learning and improving every aspect of the game throughout the program.

At the end of the program, players will receive a report in which the coach has evaluated the aspects of the game that were worked on. Also, exercises will be outlined so that they may continue to improve when they return home.

GOAL

To maximise the player's strengths and minimise their weaknesses, improving their tennis performance and physical fitness.

INCLUDES

- 2 hours of tennis training per day.
- Personalized feedback report at the end of the program.

PRICE

$360 USD per 2 days/player. (Every extra day is $180 USD per day/player)

TOTAL TENNIS PROGRAM

FOR ADULTS (+18 YEARS OLD)
& JUNIORS (10 TO 17 YEARS OLD)

FROM
LOW-INTERMEDIATE
TO ADVANCED

RATIO
COURT-PLAYER
1:4

Would you like to share an experience with players from all over the world?

In the Total Tennis Program, players will improve their standard of tennis and their physical fitness with group training customised to their ability.

The Rafa Nadal Tennis Center coaches will carry out an ability test on all players at the start of the program so that they can assign them to the training group that suits their level of play. All training sessions are taught using the Rafa Nadal Academy by Movistar methodology.

GOAL

INCLUDES

PRICE

To improve technique and tactics and enjoy a training experience together with tennis players from all over the world.

- 2 hours of tennis training per day.

$200 USD per 2 days/player. (Every extra day is $100 USD per day/player)

TOTAL TENNIS DOUBLES PROGRAM

FOR ADULTS
(+18 YEARS OLD)

FROM
LOW-INTERMEDIATE
TO ADVANCED

RATIO
COURT-PLAYER
1:4

Would you like an unforgettable experience with your teammates?

The Total Doubles Program was created for players who normally compete in doubles and would like to improve their game and technique while learning new strategies. The training methodology will be carried out with real-competition situations.

The aim of this program is to improve all areas of play, although particular importance will be placed on coaching covering the net, attacking the net and intelligent shot choice, all essential for playing in pairs.

Participants will be able to combine training sessions with real matches to optimise their learning and make the most of their experience at the Rafa Nadal Tennis Center.

GOAL

Improve the technique, the tactics and strategy of a doubles partner.
Share a training experience that will help you compenetrate with your partner on court during competition.

INCLUDES

- 2 hours of tennis training per day.

PRICE

$180 USD per 2 days/player.
(Every extra day is $90 USD per day/player)

HOLIDAY CAMPS

FOR JUNIORS
(10 TO 17 YEARS OLD)

FROM
INTERMEDIATE
TO ADVANCED

RATIO
COURT-PLAYER
1:4

DURATION
6 DAYS
(MONDAY-SATURDAY)

Would you like to share an experience with players from all over the world?

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.

GOAL

To improve technique and tactics and enjoy a training experience together with tennis players from all over the world.

PRICE

$780 USD per week/player.
Siblings: 5% discount for the whole booking.
Members: 15% discount for the whole booking.
*Discounts not cumulative.

INCLUDES

- 12 hours of tennis training per week in reduced groups (2h/day). Ratio 1:4.
- 12 hours per week of leisure and recreational activities in group (2h/day).
- Guided visit at the Rafa Nadal Museum Xperience.
- Diploma ceremony.
- Energy break.

Recreational activities

Day 1: water volleyball and ping pong tournament
Day 2: archery and soccer match
Day 3: beach volleyball and beach soccer
Day 4: dodgeball and field hockey
Day 5: water volleyball and paddle boarding
Day 6: olympics

DATES

- EASTER CAMP: 11th to 23rd of April 2022
- SUMMER CAMP: 11th of July to 6th of August 2022
- CHRISTMAS CAMP: 19th to 31st of December 2022

PRIVATE LESSONS

ALL AGES
(+5 YEARS OLD)

ALL
LEVELS

RATIO
COURT-PLAYER
FROM 1:1 TO 1:4

Private classes are available for players of all ages (minimum 5 years old) and are customised to suit all standards of play. Different packages are available for individual or group (maximum 4 people) classes, customised to each of their needs.

The available packages are 3 hours of tennis (in 3 days), 4 hours of tennis (in 4 days), 5 hours of tennis (in 5 days) and 6 hours of tennis (in 6 days).

One-hour individual classes are also available and can be reserved one day in advance, according to availability.

GOAL

To maximise the player's strengths and minimise their weaknesses, improving their tennis performance and physical fitness.

PRICES

	Package 3h	Package 4h	Package 5h	Package 6h
1 Player	$270 USD	$360 USD	$450 USD	$540 USD
Semi-private	$360 USD	$480 USD	$600 USD	$720 USD
3 Players	$450 USD	$600 USD	$750 USD	$900 USD
4 Players	$600 USD	$800 USD	$1000 USD	$1200 USD

OUR METHOD

The Rafa Nadal Academy by Movistar training method was developed by Toni Nadal along with the technical team that has been with Rafa throughout his sports career, thanks to the experience acquired during his time on the professional tennis circuit.

With the use of new technologies, we clearly see how tennis has progressively evolved into a faster game, meaning that points are shorter and start of play (service/return) make a huge difference in the development of the point. This forces players to be better prepared and make faster decisions.

At the Academy, we understand that tennis today and in the future is played first with the "eyes", secondly with the "mind", thirdly with the "legs" and lastly with the "hands". We apply training systems that go in that direction, combining them with the skills that have provided Rafa much success throughout his professional career such as: mobility, a winning attitude, training and game intensity, competitive mentality and concentration.

We decide the percentage of time needed in each training session for each aspect of the game (technical, strategic, physical and mental) that allows players to play more competitively. Each training session follows a clear "objective" with the highest level of concentration, without a difference between training or playing a competitive match.

Our training system is updated regularly due to the constant evolution of the tennis industry, applying constant improvements to the materials that influence the speed of the game (rackets, strings, balls...) and the evolution of different training methods (especially fitness training and working on mental abilities) that have helped in the professional circuit as players have become stronger, faster and more agile.

OUR ON-COURT DNA

RECOGNITION AND ANTICIPATION

- At the Academy, we understand that the tennis of today and the future is first played with the "eyes", then the "mind", next with the "legs" and finally with the "hands".

- At the programs we apply training systems designed around this concept to prepare the player to think ahead and take the initiative in the game. Aptitudes such as mobility, a winning character, intensity in training and in matches, a competitive mentality and concentration form the basis of our training sessions.

PATIENCE AND RESISTANCE

- During the training we help the player develop patience, resistance and consistency from the baseline in order to overcome their opponents.

EFFORT AND POWER

- We will help the player build a style of play based on effort in which any defensive situation can be converted into an attacking opportunity, generating power in forced positions.

RISK MANAGEMENT AND TACTICAL KNOWLEDGE

- Defence and attack are always interlinked in tennis, and it is this instant transition from a defensive position to a winning one that makes tennis such an exciting sport. Learning to tell the difference between the two positions and making important decisions will be key in order for the player to maximize their potential.

OUR FACILITIES

- 8 TENNIS CLAY COURTS (5 OUTDOOR & 3 SEMI-INDOOR)
- 1 PADDLE TENNIS COURT
- 1 SOCCER 7 FIELD
- RAFA NADAL OFFICIAL SHOP
- SPORT CAFE
- RAFA NADAL MUSEUM XPERIENCE

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STAY WITH US

A serene adults-only environment on the white sand beach of Costa Mujeres, this new 5-star luxury hotel in the Mexican Caribbean offers pure tranquility.

Surrounded by coral reefs, it's only 30 minutes from Cancun and the international airport. From November 2018, guests can relish in its personalized services, stunning facilities, excellent à la carte restaurants and exquisite comfort, enjoying their stay with Infinite Indulgence®, it's all included.

TRS CORAL HOTEL

- 469 beachfront suites with balconies and whirlpool baths.
- Swim-up pools in some suites.
- Butler and 24-hour room service.
- Private reception.
- 6 à la carte restaurants & 6 bars with premium liquors.
- Waiter service by pool side and VIP beach area.
- Rafa Nadal Tennis Center.
- Zentropia Palladium Spa & Wellness (4,832m2) with cutting-edge facilities and body treatments.
- Access to the services and facilities of neighboring Grand Palladium Hotels & Resorts.
- With Dine Around, guests can access all the bars and restaurants with priority booking.

TRS CORAL HOTEL

A MEMBER OF THE LEADING HOTELS OF THE WORLD®

Outstanding features

- Helios, the best Ibiza-style beach club in the Caribbean.
- Dinner-show at Chic Cabaret & Restaurant featuring over 20 artists on stage and an afterparty.
- Exclusive training programs at the Rafa Nadal Tennis Center.
- Superb international cuisine: Tapeo (Spanish), La Bohème (French) El Gaucho (Argentinian) and Capricho (International) among others.

GRAND PALLADIUM COSTA MUJERES RESORT & SPA

- 670 beachfront suites with balconies and hydromassage baths.
- Direct access to swim up pools in some suites.

- 4 pools (1 for children).
- Family Selection.
- Children's clubs.
- 15,000m2 convention center, divisible into 6 meeting rooms.
- Rafa Nadal Tennis Center.
- Amphitheater with 360° views.
- POP Entertainment team.
- 8 à la carte restaurants, themed self-service stations and showcooking.
- 19 bars with premium liquors, including Xtra Time 24-hour sports bar.
- Zentropia Palladium Spa & Wellness (4832m2) with state-of-the-art facilities and body treatments.

GRAND PALLADIUM

COSTA MUJERES RESORT & SPA

Outstanding features

- Poseidón, a magnificent Ibizan-style beach club.
- Dinner-show at Chic Cabaret & Restaurant with a performance of over 20 artists and an afterparty.
- Exclusive training programs for all ages at Rafa Nadal Tennis Center.
- Family Selection, a hotel inside a hotel with exclusive facilities and services just for families.
- Exquisite international gastronomy: Portofino (Italian cuisine), El Dorado (American steakhouse), La Adelita (Mexican cuisine), Sumptuori (Japanese cuisine), Chang Thai (Thai cuisine), Boghali (Indian cuisine) and The Nest (exclusive to Family Selection).

RAFA NADAL
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