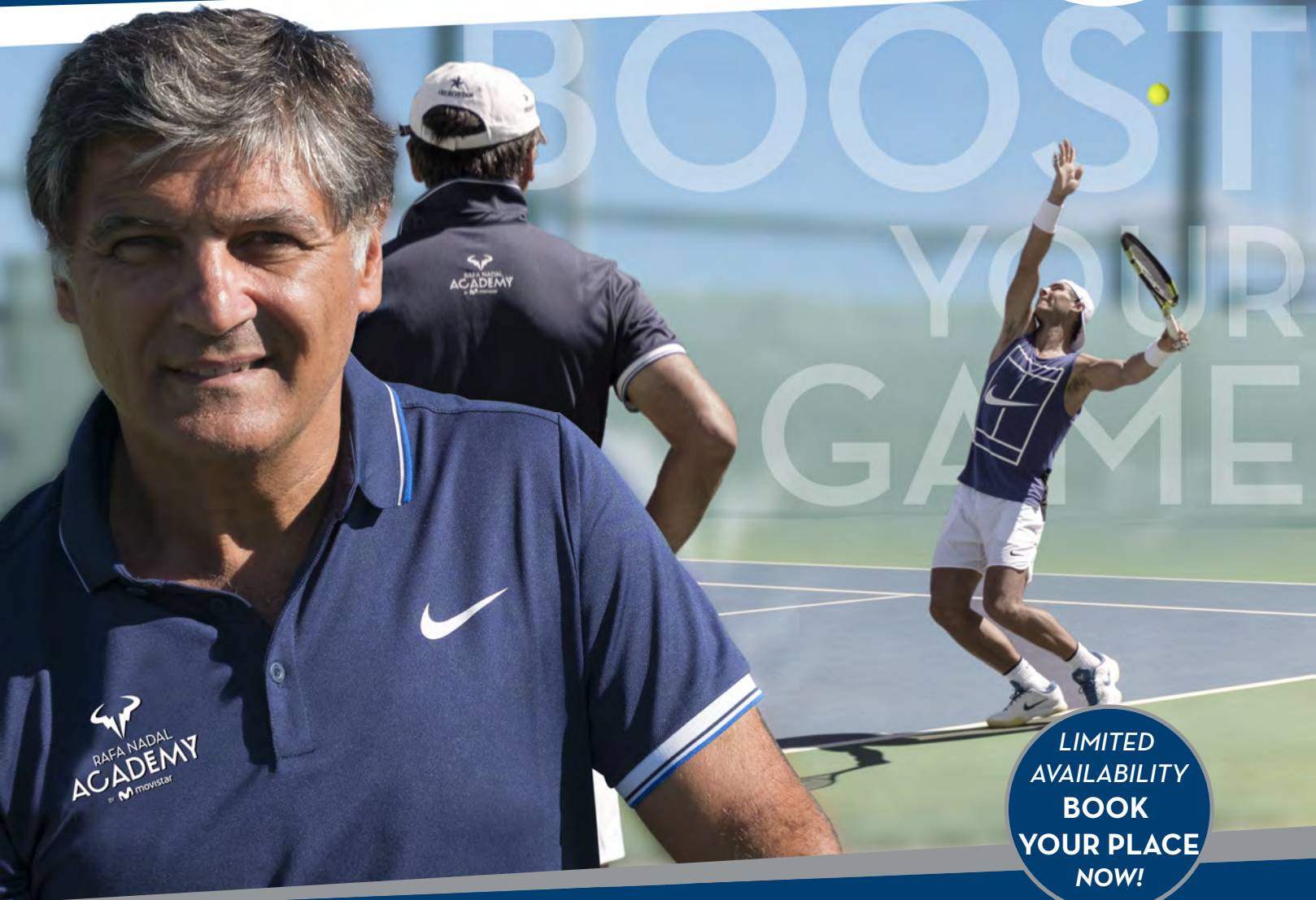


# TONI NADAL ADULT TENNIS CAMP

November, 18th to 25th, 2018



LIMITED  
AVAILABILITY  
BOOK  
YOUR PLACE  
NOW!

## TRAIN ONE WEEK WITH TONI NADAL

We understand your passion for tennis. This is a unique opportunity to improve your game with *Toni Nadal* and get the best insights from his training system. This is a premium quality tennis training program carried out by our coaches from the *Rafa Nadal Academy by Movistar* with the support of *Toni Nadal*. An exclusive training method that is based on the many years of experience that *Rafa Nadal* and his team have gathered over their years on the *ATP circuit*.

### Includes (\*):

- Accommodations for 7 Nights (Half Board. Drinks not included).
- 16 hours of tennis coaching with the team of coaches from the *Rafa Nadal Academy by Movistar* (Clay and hard courts) **with the exclusive support of Toni Nadal**. Energy break included. (Ratio coach/player 1:3).
- 5 fitness group training sessions (Ratio coach/player 1:4).
- Nutrition coaching sessions with Gemma Bes (Rafa Nadal's personal nutritionist).
- Exclusive Conference and Q&A with Toni Nadal.
- Learning sessions about tennis materials with Xavi Segura (*Spanish Davis cup official stringer*).
- One free entrance to the Rafa Nadal Museum Xperience.
- Free use of the Fitness centre, Indoor and Outdoor Pools.
- Free use of the Wellness Spa, Sauna and Steam Baths.
- 20% discount on Wellness Spa Treatments.
- 20% discount at our official store.

More Information: [sales@rafanadalacademy.com](mailto:sales@rafanadalacademy.com) · t.(+34) 971 845 022

[www.rafanadalacademy.com](http://www.rafanadalacademy.com)

**RAFA NADAL  
ACADEMY**  
BY  **movistar**

# TONI NADAL ADULT TENNIS CAMP

November, 18th to 25th, 2018



## SCHEDULE

|                   | Monday                   | Tuesday                                     | Wednesday                                | Thursday                 | Friday                   | Saturday                | Sunday           |
|-------------------|--------------------------|---|--|--------------------------|--------------------------|-------------------------|------------------|
| 9:00am            | PROGRAM PRESENTATION     |   |  |                          |                          |                         | <b>CHECK OUT</b> |
| 10:00am - 12:00am | TENNIS COACHING GROUP 1  | TENNIS COACHING GROUP 1                     | TENNIS COACHING GROUP 1                  | TENNIS COACHING GROUP 1  | TENNIS COACHING GROUP 1  | TENNIS COACHING GROUP 1 |                  |
| 10:30am - 11:30am | FITNESS TRAINING GROUP 2 | FITNESS TRAINING GROUP 2                    | FITNESS TRAINING GROUP 2                 | FITNESS TRAINING GROUP 2 | FITNESS TRAINING GROUP 2 |                         |                  |
| 12:00pm - 2:00pm  | TENNIS COACHING GROUP 2  | TENNIS COACHING GROUP 2                     | TENNIS COACHING GROUP 2                  | TENNIS COACHING GROUP 2  | TENNIS COACHING GROUP 2  | TENNIS COACHING GROUP 2 |                  |
| 12:30pm - 1:30pm  | FITNESS TRAINING GROUP 1 | FITNESS TRAINING GROUP 1                    | FITNESS TRAINING GROUP 1                 | FITNESS TRAINING GROUP 1 | FITNESS TRAINING GROUP 1 |                         |                  |
| 1:30pm - 3:30pm   | <b>LUNCH</b>             |   |  |                          |                          |                         |                  |
| 4:00pm            |                          | NUTRITION COACHING WITH GEMMA BES (G1 & G2) | SESSION ABOUT TENNIS MATERIALS (G1 & G2) |                          |                          |                         |                  |
| 5:00pm            |                          |   |  |                          | Q&A TONI NADAL (G1 & G2) |                         |                  |
| 5:30pm - 7:30pm   | TENNIS COACHING GROUP 1  | TENNIS COACHING GROUP 2                     | TENNIS COACHING GROUP 1                  | TENNIS COACHING GROUP 2  |                          |                         |                  |
| 7:30pm - 10:00pm  | <b>DINNER</b>            |   |  |                          |                          |                         |                  |

\* This calendar may be subject to change.

## PRICES

# TONI NADAL CAMP



**SINGLE ROOM (1 PLAYER)**

**2.790** €/room (half board).

**DOUBLE ROOM (2 PLAYERS)**

**4.990** €/room (half board).

**DOUBLE ROOM (1 PLAYER & 1 COMPANION)**

**2.990** €/room (half board).



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