



RAFA NADAL
TENNIS CENTER
Costa Mujeres - Mexico

Christmas Tennis Camp Junior

22nd - 24th and
26th - 28th of December,
2025



for Juniors
(10 to 17 years old)

from intermediate
to advanced



Would you live a high performance experience?

During the **Christmas 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 **on December 22nd, 23rd, 24th, 26th, 27th, and 28th, 2025**. It will take place from Monday to Wednesday and from Friday to Saturday from 9am to 4pm, on Sunday from 9am to 1pm (no program on Thursday). **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)

PALLADIUM
HOTEL GROUP