



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

# Easter Tennis Camp Junior

14<sup>th</sup> to 19<sup>th</sup> of April,  
2025



for Juniors  
(10 to 17 years old)

from intermediate  
to advanced



## Would you live a high performance experience?

During the **Easter 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 April 14<sup>th</sup> to 19<sup>th</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)

**PALLADIUM**  
HOTEL GROUP