



RAFA NADAL
TENNIS CENTER
Costa Mujeres - Mexico

Summer Tennis Camp Junior 2025

16th to 21st of June

21st to 26th of July

28th of July to 2nd of August



for Juniors
(10 to 17 years old)

from intermediate
to advanced



Would you live a high performance experience?

During the **Summer 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 June 16th to 21st, from July 21st to 26th, and from July 28th to August 02nd, 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