RAFA NADAL TENNIS CENTER

PALLADIUM HOTEL GROUP

# ADULT & JUNIOR PROGRAMS
# COSTA MUJERES
## CANCUN - MEXICO

## THE DREAM DESTINATION FOR TENNIS & PADEL LOVERS

The Rafa Nadal Tennis Center is a line of sports centers inspired by the Rafa Nadal Academy by Movistar (located in Mallorca, Spain), situated within high-end resorts and vacation complexes in top international destinations.

With modern facilities and a wide range of tennis and padel programs for both children and adults, the Rafa Nadal Tennis Center offers a unique experience for sports enthusiasts. Here, players train in a professional environment, supported by a world-class coaching team.

At the Rafa Nadal Tennis Center Costa Mujeres, adult and junior players train using the Rafa Nadal Academy by Movistar methodology while enjoying an unforgettable vacation in a Caribbean paradise, just 30 minutes from Cancun, Mexico. Our methodology is based on a unique teaching system developed from the experience Rafa Nadal and his coaching team gained throughout his ATP tour career.

In addition to tennis, the Rafa Nadal Tennis Center offers padel programs and lessons, allowing the entire family to make the most of its facilities. The strong commitment to padel is backed by the methodology of Rodrigo Ovide, one of the world's top padel coaches. In March 2025, the Rafa Nadal Tennis Center hosted a Premier Padel tournament featuring some of the best players on the planet.

## ADULT & JUNIOR PROGRAMS

- All programs can be tailored to different stays, with the option of 1 day or more (days do not necessarily have to be consecutive).
- Classes are held from Monday to Saturday. On Sundays, tennis and/or padel courts can be reserved (without a coach).
- The Rafa Nadal Tennis Center offers programs for all ages and skill levels, from beginners to advanced or professional players.

## PREMIUM TENNIS PROGRAM
## PREMIUM PADEL PROGRAM

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

ALL LEVELS

COACH-TO-PLAYER RATIO 1:1

### GOAL

To maximize the player's strengths and minimize weaknesses, improving performance in tennis/padel.

### INCLUDES

· 2 hours of tennis/padel per day.
· Intensity adapted to the player's preference.

If you're looking for an exclusive and fully personalized tennis or padel experience, this is your program!

The Premium Tennis Program / Premium Padel Program is tailored to the player's preferences and delivered by the Rafa Nadal Tennis Center coaches using the Rafa Nadal Academy by Movistar training methodology. Our methodology is based on an exclusive training system developed from the experience Rafa Nadal and his coaching team have gained over years on the ATP tour.

This program focuses on improving technical and tactical skills with sessions fully adapted to different levels and individual needs. Each session is designed around a daily training objective, defined in advance between the player and the coach. All classes are private—1 player per coach—allowing for optimal learning and improvement in every aspect of the game throughout the program.

## TENNIS PROGRAM
## PADEL PROGRAM

TENNIS
FOR ADULTS (+18) AND JUNIORS (10 TO 17 YEARS OLD)
PADEL
FOR ADULTS (+18)

FROM LOWER - INTERMEDIATE TO ADVANCED

COURT-TO-PLAYER RATIO 1:4

### GOAL

To improve technical and tactical skills while enjoying a training experience with players from around the world.

### INCLUDES

· 2 hours of tennis/padel per day.
· Intensity adapted to the group's level.

Do you want to share your experience with players from around the world?

In the Tennis Program / Padel Program, players will improve their tennis/padel skills through group training tailored to their level.

Rafa Nadal Tennis Center coaches conduct a level assessment for all players at the start of the program to assign them to an appropriate training group. All training sessions follow the Rafa Nadal Academy by Movistar methodology.

## TENNIS DOUBLES PROGRAM

FOR ADULTS (+18)

FROM LOWER -INTERMEDIATE TO ADVANCED

COURT-TO-PLAYER RATIO 1:4

### GOAL

To improve technique, tactics, and doubles strategy. Share a training experience designed to enhance teamwork and coordination during competition.

### INCLUDES

· 2 hours of tennis per day.
· Intensity adapted to the group's level.

Would you like to enjoy an exceptional experience with your teammates?

The Tennis Doubles Program is designed for players who regularly compete together and want to improve their game and technique while learning new strategies. Training is conducted using real competition scenarios.

This program focuses on improving all areas of the game, with special emphasis on net coverage, net attacking, and smart shot selection—key elements in team competition.

Players can combine training sessions with real matches to optimize learning and make the most of their experience at the Rafa Nadal Tennis Center.

## HOLIDAY CAMPS

TENNIS FOR JUNIORS (10 TO 17 YEARS OLD)

FROM INTERMEDIATE TO ADVANCED

COURT-TO-PLAYER RATIO 1:4

DURATION 6 DAYS

### GOAL

To improve technical and tactical skills while enjoying a training experience with players from around the world.

### INCLUDES

· 19.5 hours of tennis training
· 6 hours of physical conditioning
· 6 hours of "Building a Champion" activities
· Welcome Pack
· Camp attendance certificate
· Energy breaks and lunch

### SCHEDULE

· 9am-10am: Fitness
· 10am-11am: Building a champion
· 11am-1pm: Tennis Training
· 1pm-2.30pm: Lunch
· 2.30pm-4pm: Tennis Training

*The program ends at 1:00 PM on the final day.*

Do you want to have a high-performance tennis experience?

Training sessions will focus on all key aspects of the game, including technique, tactics, physical conditioning, and competitive mindset, among others, while combining fun and recreational activities in an unmatched setting—the Mexican Caribbean.

### UPCOMING DATES

- **Easter Tennis Camp:** Monday, March 30, 2026 – Saturday, April 4, 2026
- **Summer Tennis Camp – Week 1:** Monday, June 22 – Saturday, June 27, 2026
- **Summer Tennis Camp – Week 2:** Monday, July 20 – Saturday, July 25, 2026
- **Summer Tennis Camp – Week 3:** Monday, July 27 – Saturday, August 1, 2026
- **Christmas Tennis Camp – Week 1:** Monday, December 21 – Sunday, December 27, 2026 (no program on Friday, December 25)
- **Christmas Tennis Camp – Week 2:** Monday, December 28 – Sunday, January 3, 2027 (no program on Friday, January 1)

## PRIVATE AND SEMI-PRIVATE LESSONS
### TENNIS & PADEL

ALL AGES (+5)

ALL LEVELS

COACH-TO-PLAYER RATIO 1:1 to 1:4

### GOAL

To maximize each player's strengths and minimize weaknesses, improving performance and physical conditioning.

Private lessons are available for players of all ages (minimum 5 years) and are adapted to all skill levels.

Different packages are offered for individual or group lessons (maximum 4 players per group), tailored to each participant's needs.

## OUR METHOD

The training methodology of the Rafa Nadal Academy by Movistar was developed by Toni Nadal together with the coaching team that has accompanied Rafa throughout his career, drawing on the experience gained on the professional tennis circuit.

With the use of new technologies, tennis is progressively evolving toward a faster style of play, meaning points are shorter and the opening shots (serve/return) often determine how the point develops. This requires players to be prepared to make decisions very quickly.

At the Academy, we understand that modern and future tennis is played first with the "eyes", then with the "mind", followed by the "legs", and finally with the "hands". We apply training systems that follow this approach, combined with the qualities that have brought Rafa so much success throughout his professional career, such as mobility, a winning mentality, intensity in training and matches, competitive mindset, and focus.

In every training session, we decide the proportion of time to dedicate to each aspect of the game (technical, strategic, physical, mental) to ensure our players perform as competitively as possible. Each session follows a clear objective, executed with maximum concentration, with no difference in intensity between training and a competitive match.

Our training system is regularly updated to reflect the ongoing evolution of tennis. This includes improvements in equipment that affect game speed (rackets, strings, balls) and the development of new training methods, particularly in physical conditioning and mental skills. These advances have helped professional players become stronger, faster, and more agile on the circuit.

## OUR DNA ON THE COURT

### RECOGNITION AND ANTICIPATION

· At the Academy, we understand that modern and future tennis is played first with the "eyes", then the "mind", followed by the "legs", and finally the "hands."

· Our programs apply training systems focused on this approach to prepare players to anticipate and take initiative during matches. Qualities such as mobility, a winning mentality, intensity in training and matches, competitive mindset, and focus form the foundation of our training sessions.

### PATIENCE AND ENDURANCE

· During training, we help players develop patience, endurance, and consistency from the baseline to outlast their opponents.

### EFFORT AND POWER

· We assist players in building a solid style of play based on effort, where any defensive situation can be turned into an offensive opportunity, generating power even from forced positions.

### RISK MANAGEMENT AND TACTICAL AWARENESS

· Defense and attack are always intertwined in tennis, and this instant transition from a defensive to a winning position is what makes tennis such an exciting sport. Learning to differentiate between these positions and make the right decisions is key for players to maximize their potential.

## OUR FACILITIES

· 8 CLAY TENNIS COURTS
· 2 PADEL COURTS
· 1 PICKLEBALL COURT
· 1 RECREATIONAL FOOTBALL FIELD

· 2 RAFA NADAL SHOPS
· RAFA NADAL MUSEUM
· CAFETERIA

## STAY WITH US

Located on the white sandy beach of Costa Mujeres, our new 5-star adults-only hotel in the Mexican Caribbean offers complete tranquility.

Surrounded by coral reefs, it is just 30 minutes from Cancun and its international airport. Since November 2018, guests have been able to enjoy personalized services, incredible facilities, spectacular à la carte restaurants, and the ultimate comfort offered by Infinite Indulgence®, all-inclusive.

TRS CORAL HOTEL

### TRS CORAL HOTEL

· 473 beachfront suites with balcony and whirlpool tub
· Swim-up pools in select suites
· 24-hour butler and room service
· Private check-in
· 10 à la carte restaurants, 2 show-cooking restaurants, and 27 bars
· Poolside waiter service and VIP beach area
· Rafa Nadal Tennis Center
· Zentropia Palladium Spa & Wellness (4,832 m²)
· Access to the services and facilities of Grand Palladium Select Costa Mujeres
· With the Dine Around program, guests can access all bars and restaurants with priority booking.

#### What makes us stand out?

· Helios, the best Ibiza-style beach club in the Caribbean
· Access to the magnificent CHIC Cabaret & Restaurant (reservation fee applies)
· Exclusive training programs for all ages at the Rafa Nadal Tennis Center
· Exquisite international cuisine: La Bohème (French), El Gaucho (Argentinian), Tentazione (Italian), and Capricho (International), among others.

GRAND PALLADIUM SELECT COSTA MUJERES

### GRAND PALLADIUM SELECT COSTA MUJERES

· 673 beachfront rooms with balcony and whirlpool tub
· Swim-up pools in select suites
· 4 swimming pools (1 for children)
· Family Selection at Grand Palladium Select Costa Mujeres
· Kids Club for children up to 17 years old
· 1,500 m² convention center, divisible into 6 meeting rooms
· Rafa Nadal Tennis Center
· Amphitheater with 360° visibility
· POP entertainment team
· A wide variety of options for every taste: coffee corner, Italian ice cream shop, take-away pizzeria, and 7 à la carte restaurants
· 19 bars, including one open 24 hours
· Zentropia Palladium Spa & Wellness (4,832 m²) with state-of-the-art facilities and body treatments

#### What makes us stand out?

· Poseidón, a magnificent Ibiza-style beach club
· Bravo Dinner & Dance, a unique fusion of music, gastronomy, and nightlife in one place
· Exclusive training programs for all ages at the Rafa Nadal Tennis Center
· Family Selection, a hotel within the hotel offering exclusive facilities and services for families
· Exquisite international cuisine: Portofino (Italian), El Dorado (American steakhouse), La Adelita (Mexican), Sumptuori (Japanese), and Boghali (Indian)

### INFORMATION AND RESERVATIONS:

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