



RAFA NADAL
TENNISCENTRE

IN COSTA MUJERES,
MEXICAN CARIBBEAN



ADULTS PROGRAMS

2018-2019

INTRODUCTION

The RAFA NADAL TENNIS CENTRE is a new brand of sports centers inspired by the Rafa Nadal Academy by Movistar methodology (located in Mallorca, Spain). The Academy was inaugurated by Rafa in his hometown in May, 2016 and it's where future tennis players train and study; by following Rafa Nadal's team training method developed during his years competing in the highest level of tennis worldwide.

The first RAFA NADAL TENNIS CENTRE is located in Costa Mujeres (Mexico) inside the facilities of the TRS Coral Hotel and the Grand Palladium Costa Mujeres Resort & Spa resorts, built by the Palladium Hotel Group in Mexico's Caribbean and is expected to open its doors during the month of November 2018 in a privileged location.

At the RAFA NADAL TENNIS CENTRE COSTA MUJERES, players train following the guidelines of the Rafa Nadal Academy by Movistar coaches and the standards of the brand as they enjoy their family vacation in the unique destination in Costa Mujeres, Mexico. Clients can choose the tennis program with the accommodations that best suits their tennis and fitness needs. The RAFA NADAL TENNIS CENTRE COSTA MUJERES offers guests the opportunity to visit the RAFA NADAL MUSEUM, and be mesmerized by a selection of trophies and tennis clothing in addition to participating in interactive games and virtual reality platforms. They can also shop and take home a souvenir by purchasing exclusive sports products or premium merchandising brand items, have their rackets strung and enjoy the bar-cafeteria service with large TV screens where they can watch tennis matches and other sporting events.

ENJOY A MEMORABLE VACATION DOING WHAT YOU LOVE:

PLAYING TENNIS!

WEEKLY ADULT PROGRAMS

TOTAL TENNIS:

Want to share your experience with players from all over the world? At the Total Tennis you can train in small group sessions and share amazing times on the court. Our Rafa Nadal Academy by Movistar coaches give all the players a level test before the program begins to assign them a training group according to their level of play. Here you can improve your tennis game while you enjoy group training according to your level of play that allows you to learn and compete against other participants.



- **Duration:** 1 week (from Monday to Saturday).
- **Hours of weekly training:** 12 hours.
- **Schedule:** 8:00am - 10:00am / 10:00am - 12:00pm from Monday to Saturday 2hours/day
- **Objective:** To improve your tennis level while you train with other players who have your same level of play. Improve your technique and compete.
- **Ratio:** 1/4
- **Program level:** HIGH intensity.

TOTAL ~ \$600

WEEKLY ADULT PROGRAMS

LEARN TO COMPETE:

Need to prepare your game for competition? This group tennis program allows you to train with the Rafa Nadal Academy by Movistar coaches by using a complete exercise point system where real tactical situations of competition are created. During the program you work and improve on different aspects of the game: hitting the ball from the baseline, attack, net game, first strokes after serving and receiving, etc... The points earned after each exercise are reviewed individually by our coaches. In this complete program you work specifically on the technical, tactical and mental game. We focus on concentration and self-control, that are important aspects in tennis. Coaches help you maintain a high intensity training, focusing always on the respect toward other players and fair play.



- **Duration:** 5 days (Monday to Friday)
- **Hours of weekly training:** 10 hours or 7,5 hours.
- **Schedule:** 5:30pm. - 7:30pm.
6:30pm. - 8:00pm. * Holiday Camp Calendar
- **Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.
- **Ratio:** 1/3
- **Program level:** MEDIUM Intensity.

* During the dates of Holiday Camp (24 of March - 27 of April, 9 of June - 17 of August and 15 of December 2019 - 4 of January 2020) the training will be 1,5h.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Improving the baseline game	Attacking the net	Development of the baseline game	Attack the net	Improving the baseline game
Offense game vs. Defense game	Evolution Training the volley and the smash stroke as a final weapon. Doubles strategy	Baseline stroke training (forehand and backhand) and forehand Inside in/out	Improve net approach and the net game as an attack weapon. Doubles strategy	Improve the 1st Service and the next two strokes Returning the 1st Serve and followed by the next two strokes

TOTAL ~ \$500
(* HOLIDAY CAMP ~\$450)

WEEKLY ADULT PROGRAMS

CARDIO TENNIS:

Improve your fitness level while you have fun playing your favorite sport. Combine workouts on the tennis court with cardiovascular exercises that help you to improve your fitness level and maximize your performance. Cardio Tennis is a fun GROUP activity for anyone who wants to improve their fitness level while working on the technical and tactical aspects of the game. Our coaches adapt the class to the rhythm of the group and their tennis level to obtain the best results.



- **Duration:** Weekly (Monday - Saturday).
1 day (Sunday morning / Afternoon).
- **Hours of weekly training:** 1 hour or 6 hours.
- **Schedule:** Weekly - 7:00am. - 8:00am. (1hour per day).
Sunday - 7:00am. - 8:30am. / 5:30pm. - 7:00pm. (1,5 hours per day).
- **Objective:** To improve your fitness level in a fun way with functional exercises while you train and acquire new skills to improve your current tennis level.
- **Ratio:** 1/8
- **Program level:** VERY HIGH Intensity.

TOTAL ~ \$210

(* SUNDAY SESSION ~\$52)

PRIVATE LESSONS

REGULAR SCHEDULE:

If you are looking for a high intensity tennis experience, this is your program. It's an individual training or small groups package with the Rafa Nadal Academy by Movistar coaches who adapt each session to your needs and level of play to improve your performance and game.



- **Dates:** All year long except Holiday Schedule.
- **Duration:**
 - **One lesson:** 1 hour.
 - **Pack 3h.:** 2 or 3 days.
 - **Pack 5h, 7,5h. or 10h.:** 5 days (Monday - Friday).
- **Schedule:**
 - One lesson:** 8:30am. - 1:30pm. / 2:30pm. - 7:30pm. / 8:00pm. - 9:00pm. (only Sunday)
 - Pack 3 hours:** 7:00am. - 8:00am. Monday to Wednesday or Thursday to Saturday.
12:00pm. - 1:30pm. Monday - Tuesday, Wednesday - Thursday or Friday - Saturday.
 - Pack 5 hours:** 2:30pm. - 3:30pm. Monday to Friday.
 - Pack 7,5 hours:** 7:30pm. - 9:00pm. Monday to Friday.
 - Pack 10 hours:** 3:30pm. - 5:30pm. / 5:30pm. - 7:30pm. Monday to Friday.
- **Objective:** To maximize the strengths and minimize the weaknesses of each player, while trying to improve performance in all areas of the program: tennis and fitness training.
- **Ratio:** 1/1, 1/2, 1/3 o 1/4.
- **Program level:** VERY HIGH intensity.

RATES

• One lesson	• Pack 3 hours:	• Pack 5 hours:	• Pack 7,5 hours:	• Pack 10 hours:
1/1 ~ \$90	1/1 ~ \$270	1/1 ~ \$450	1/1 ~ \$675	1/1 ~ \$900
1/2 ~ \$120	1/2 ~ \$360	1/2 ~ \$600	1/2 ~ \$810	1/2 ~ \$1200
1/3 ~ \$150	1/3 ~ \$450	1/3 ~ \$750	1/3 ~ \$1125	1/3 ~ \$1500
1/4 ~ \$200	1/4 ~ \$600	1/4 ~ \$1000	1/4 ~ \$1500	1/4 ~ \$2000

* In case of wanting to book session of more than one player send an email to sales@rafanadaltenniscentre.com

PRIVATE LESSONS

HOLIDAY SCHEDULE:

If you are looking for a high intensity tennis experience, this is your program. It's an individual training or small groups package with the Rafa Nadal Academy by Movistar coaches who adapt each session to your needs and level of play to improve your performance and game.



• **Dates:**

- Spring camp (March 24th - April 27th)
- Summer camp (June 9th - August 18th)
- Winter break (December 15th 2019 - January 4th 2020)

• **Duration:**

- **One lesson:** 1 hour.
- **Pack 3h.:** 2 or 3 days.
- **Pack 5h. or 7,5h.:** 5 days (Monday - Friday).

• **Schedule:**

- One lesson:** 8:30am. - 1:30pm. / 2:30pm. - 7:30pm. / 8:00pm. - 9:00pm. (only Sunday)
- Pack 3 hours:** 7:00am. - 8:00am. Monday to Wednesday or Thursday to Saturday.
12:00pm. - 1:30pm. Monday - Tuesday, Wednesday - Thursday or Friday - Saturday.
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METHOD

The Rafa Nadal Academy by Movistar training method was developed by Toni Nadal along with the technical team that has been with Rafa throughout his sports career, thanks to the experience acquired during his time on the professional tennis circuit.

With the use of new technologies, we clearly see how tennis has progressively evolved into a faster game, meaning that points are shorter and start of play (service/return) make a huge difference in the development of the point. This forces players to be better prepared and make faster decisions.

At the Academy, we understand that tennis today and in the future is played first with the “eyes”, secondly with the “mind”, thirdly with the “legs” and lastly with the “hands”. We apply training systems that go in that direction, combining them with the skills that have provided Rafa much success throughout his professional career such as: mobility, a winning attitude, training and game intensity, competitive mentality and concentration.

We decide the percentage of time needed in each training session for each aspect of the game (technical, strategic, physical and mental) that allows players to play more competitively. Each training session follows a clear “objective” with the highest level of concentration, without a difference between training or playing a competitive match.

Our training system is updated regularly due to the constant evolution of the tennis industry, applying constant improvements to the materials that influence the speed of the game (rackets, strings, balls...) and the evolution of different training methods (especially fitness training and working on mental abilities) that have helped in the professional circuit as players have become stronger, faster and more agile.



FACILITIES

RAFA NADAL TENNIS CENTRE COSTA MUJERES consists of:

- 8 clay tennis courts (5 outdoors and 3 indoors).
- 1 soccer 7 field.
- 1 paddle court.
- RAFA NADAL MUSEUM XPERIENCE: exhibition of trophies and Rafa Nadal's sports equipment, as well as donations from other athletes, interactive games and virtual reality platforms.
- RAFA NADAL SHOP: Store with exclusive sports products, official Rafa Nadal Academy by Movistar and Rafa Nadal Tennis Centre products. Professional racket stringing service.
- SPORT CAFE with large TV screens so you can watch tennis matches and other sporting events.



RAFA NADAL MUSEUM XPERIENCE

Come and discover the Rafa Nadal Museum where you can find a large exhibition of trophies and sports equipment this tennis player used to win some of his Grand Slam titles.

You can also find other donations made by athletes who wanted to be present in this special museum inspired by the original one located at the Rafa Nadal Academy by Movistar in Mallorca (Spain).

You can also compete in our interactive games by using the various sports simulators. Make sure you don't miss the virtual reality platforms that allow you to experience extreme sensations. Relive the best moments of Rafa Nadal's sports career and get to know the values of this sport through the interactive content at the Rafa Nadal Museum Xperience.

SPORT CAFE

Sport Cafe is the perfect setting to enjoy the best sporting events in the world on a giant screen. Relax and enjoy our **SNACKS & DRINKS** menu with a variety of freshly prepared healthy sandwiches and refreshing drinks in a sports setting.



RAFA NADAL SHOP

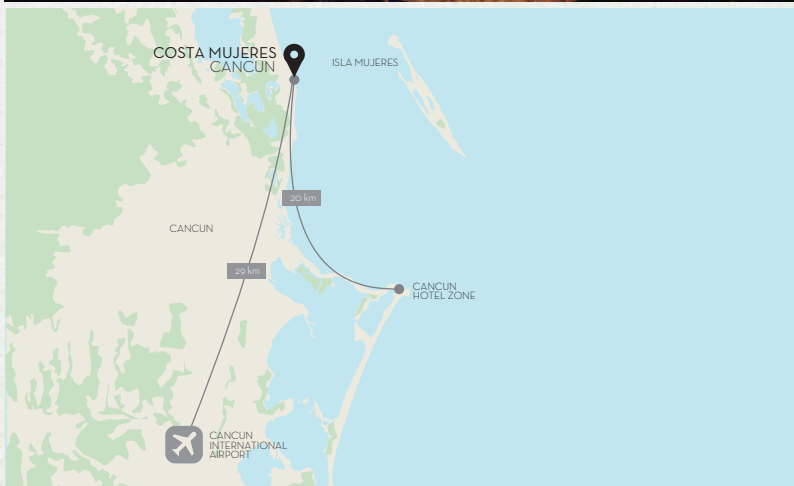
Want to take home a souvenir of your stay? You can find an exclusive selection of sportswear at the Rafa Nadal Shop with logos of the Rafa Nadal Academy by Movistar and the Rafa Nadal Tennis Centre Costa Mujeres. You can also find a variety of souvenirs that you can take home after your tennis vacation. Mugs, notebooks, key rings, etc...





STAY WITH US

A serene adults-only environment on the white sand beach of Costa Mujeres, this new 5-star luxury hotel in the Mexican Caribbean offers pure tranquility. Surrounded by coral reefs, it's only 30 minutes from Cancun and the international airport. From November 2018, guests can relish in its personalized services, stunning facilities, excellent à la carte restaurants and exquisite comfort, enjoying their stay with Infinite Indulgence®, it's all included.



OPENING NOVEMBER 2018

What do we offer?

- 469 beachfront suites with balconies and whirlpool baths
- Swim-up pools in some suites
- Butler and 24-hour room service
- Private reception
- 6 à la carte restaurants & 6 bars with premium liquors
- Waiter service by pool side and VIP beach area
- Rafa Nadal Tennis Centre
- Free access to wet areas of Zentropia Palladium Spa & Wellness (4,832m2) with cutting-edge facilities and body treatments
- Access to the services and facilities of neighboring Grand Palladium Hotels & Resorts
- With Dine Around, guests can access all the bars and restaurants with priority booking

Outstanding features

- Helios, the best Ibiza-style beach club in the Caribbean
- Free access to dinner-show at Chic Cabaret & Restaurant featuring over 20 artists on stage and an afterparty
- Exclusive training programs at the Rafa Nadal Tennis Centre
- Superb international cuisine: Tapeo (Spanish), La Bohème (French) El Gaucho (Argentinian) and Capricho (International) among others.

* Extra charge

A MEMBER OF



THE LEADING HOTELS
OF THE WORLD®



RAFA NADAL
TENNIS
CENTRE

PALLADIUM
HOTEL GROUP

IN COSTA MUJERES, MEXICAN CARIBBEAN

OPENS NOVEMBER 2018