

**ADULT & JUNIOR PROGRAMS**  
**PUNTA CANA**



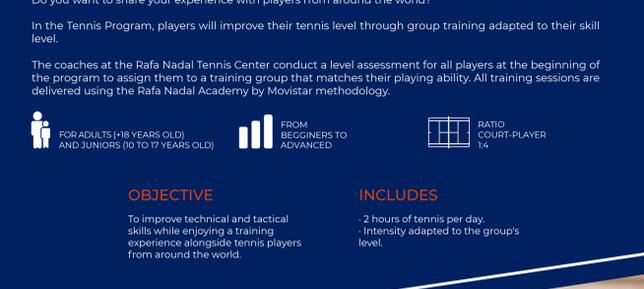
**TENNIS AND HOLIDAYS**  
**IN THE PARADISE OF PUNTA CANA**

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

With impressive sports facilities and a wide range of tennis and padel programs for both juniors and adults, the Rafa Nadal Tennis Center offers an unforgettable experience for sports enthusiasts, immersing them in a professional environment with the best coaching team in the world.

At the Rafa Nadal Tennis Center in Punta Cana, players can train using the same methodology as the Rafa Nadal Academy by Movistar while enjoying a spectacular holiday in the Dominican Republic.

Our methodology is based on a unique training system developed from the experience gained by Rafa Nadal and his coaching team throughout their years on the ATP circuit.



**ADULT & JUNIOR PROGRAMS**

- All programs are adapted to different lengths of stay, with the option of 1 day or more (days do not need to be consecutive).
- Classes are held from Monday to Saturday.
- The Rafa Nadal Tennis Center offers programs for all ages and all skill levels, from beginners to advanced or professional players.

**PREMIUM TENNIS PROGRAM**

FOR ADULTS (+18 YEARS OLD) AND JUNIORS (6 TO 17 YEARS OLD)
 ALL TENNIS LEVELS
 RATIO COACH-PLAYER 1:1

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

The Premium Tennis Program is tailored to the player's preferences and delivered by the coaches of the Rafa Nadal Tennis Center using the training methodology of the Rafa Nadal Academy by Movistar. Our methodology is based on a unique training system developed from the experience gained by Rafa Nadal and his coaching team throughout their years on the ATP circuit.

This program aims to improve both technical and tactical aspects of the game, with sessions fully adapted to each player's level and needs. Each session is developed with a specific daily training objective, defined in advance between the player and the coach. All classes are private — one player per coach — allowing for optimized learning and focused improvement in every aspect of the game throughout the program.

**OBJECTIVE**  
 To maximize the player's strengths and minimize weaknesses, improving overall tennis performance.

**INCLUDES**  
 - 2 hours of tennis per day.  
 - Intensity adapted to the player's preference.

**TENNIS PROGRAM**

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

In the Tennis Program, players will improve their tennis level through group training adapted to their skill level.

The coaches at the Rafa Nadal Tennis Center conduct a level assessment for all players at the beginning of the program to assign them to a training group that matches their playing ability. All training sessions are delivered using the Rafa Nadal Academy by Movistar methodology.

FOR ADULTS (+18 YEARS OLD) AND JUNIORS (10 TO 17 YEARS OLD)
 FROM BEGINNERS TO ADVANCED
 RATIO COACH-PLAYER 1:4

**OBJECTIVE**  
 To improve technical and tactical skills while enjoying a training experience alongside tennis players from around the world.

**INCLUDES**  
 - 2 hours of tennis per day.  
 - Intensity adapted to the group's level.



**TENNIS DOUBLES PROGRAM**

FOR ADULTS (+18 YEARS OLD)
 FROM BEGINNERS TO ADVANCED
 RATIO COACH-PLAYER 1:4

Would you like to enjoy a great experience alongside your teammates?

The Tennis Doubles Program is designed for players who regularly compete in doubles and want to improve their game and technique while learning new strategies. Training is carried out using real match-play situations.

This program aims to improve all areas of the game, with a special focus on net coverage, net attacks, and smart shot selection — all of which are essential in team competitions.

Participants will also have the opportunity to combine training sessions with real matches to optimize learning and make the most of their experience at the Rafa Nadal Tennis Center.

**OBJECTIVE**  
 To improve the technique, tactics, and strategy of the doubles pair. Sharing a training experience will help increase coordination and teamwork between both players during competition.

**INCLUDES**  
 - 2 hours of tennis per day.  
 - Intensity adapted to the group's level.

**HOLIDAY CAMPS**

FOR JUNIORS (10 TO 17 YEARS OLD)
 FROM INTERMEDIATE TO ADVANCED
 RATIO COACH-PLAYER 1:4
 6-DAY PROGRAM

**OBJECTIVE**  
 To improve technical and tactical play while enjoying a training experience alongside tennis players from around the world.

**INCLUDES**  
 - 19.5 hours of tennis training (court-to-player ratio is 1:4)  
 - 6 hours of physical conditioning  
 - 6 hours of "Building a Champion" activities  
 - Camp attendance diploma  
 - Energy break and lunch

**SCHEDULE**  
 - 9:00 am – 10:00 am: Fitness  
 - 10:00 am – 11:00 am: Building a Champion  
 - 11:00 am – 1:00 pm: Tennis Training  
 - 1:00 am – 2:30 pm: Lunch  
 - 2:30 am – 4:00 pm: Tennis Training  
 \*The program ends at 1:00 PM on the last day

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

Training sessions will focus on all key aspects of the game, such as technique, tactics, physical conditioning, and competitive mindset, among others — always combined with fun and recreational activities in an unparalleled setting like the Dominican paradise.

**UPCOMING DATES**

- **Easter Camp:** March 30th to April 4th, 2026
- **Summer Camp:** August 10th to August 15th, 2026
- **Christmas Camp:** December 21st to December 26th, 2026



**PRIVATE AND SEMI-PRIVATE LESSONS**  
**TENNIS AND PADEL**

FOR ALL AGES (+5 YEARS OLD)
 ALL LEVELS
 RATIO COACH-PLAYER 1:1 & 1:4

Private and semi-private lessons are offered to players of all ages (minimum 5 years old) and are adapted to all skill levels.

Different packages will be available for individual or group lessons (maximum 4 people), tailored to the needs of each participant.

**OBJECTIVE**  
 To maximize each player's strengths and minimize their weaknesses, improving their performance and physical condition.

**OUR METHOD**

The training methodology of the Rafa Nadal Academy by Movistar has been developed by Toni Nadal along with the technical team that has supported Rafa throughout his professional tennis career, based on the experience gained on the professional tennis circuit.

With the use of new technologies, it is clear that tennis is progressively evolving towards a faster style of play — points are shorter, and the beginnings of the rally (serve/return) make a significant difference in how the point develops. This means players must be prepared to make decisions very quickly.

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

In each training session, we decide the percentage of time to dedicate to each aspect of the game (technical, strategic, physical, mental) to ensure our players compete at the highest possible level. Every session follows a clear "objective," conducted with maximum concentration — with no difference in this regard between training and competition matches.



Our training system is regularly updated due to the constant evolution of the tennis industry, applying continuous improvements in the equipment that most influences the speed of the game (rackets, strings, balls, etc.) and in the development of various training methods (especially physical conditioning and mental skills work). These advances have helped us see increasingly stronger, faster, and more agile players on the professional circuit.

**OUR DNA ON THE COURT**

**RECOGNITION AND ANTICIPATION**

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

- Our programs apply training systems focused on this direction to prepare players to anticipate and take the initiative during play. Skills such as mobility, a winning character, intensity in training and matches, competitive mentality, and concentration will be the foundation of our coaching.

**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 playing style based on effort, where any defensive situation can become an offensive opportunity by generating power even from difficult positions.

**RISK MANAGEMENT AND TACTICAL KNOWLEDGE**

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

**OUR FACILITIES**

- 5 OUTDOOR HARD TENNIS COURTS
- 4 PADEL COURTS
- 6 PICKLEBALL COURTS
- GYM AND CHANGING ROOMS



- RAFA NADAL SHOP
- CAFETERIA
- RAFA NADAL TROPHIES DISPLAY

**STAY WITH US**

The Meliá hotel complex in Punta Cana includes several beachfront properties in Bávaro, designed to cater to different types of guests under an All-Inclusive experience, with services ideal for enjoying with family, as a couple, or with friends.



ZEL Punta Cana is the Mediterranean experience reinvented by Meliá together with Rafa Nadal. An all-inclusive resort designed for those seeking a modern, vibrant, and relaxed lifestyle, where every moment is lived to the fullest.

- Swim-up rooms and suites with outdoor jacuzzis, designed to provide comfort, privacy, and unforgettable moments.
- ALJA Spa, a wellness retreat where you can relax and recharge.
- Cuisine for every taste, with restaurants such as Volcan (grill), Nokio (Asian fusion), Tacorini (Mexican and Greek fusion), and Neguri Beach Club, the ideal place to enjoy the sea and good company.
- Active and social wellness, with a unique entertainment program that combines wellbeing experiences and moments of connection, designed to help you move, relax, and fully enjoy your stay.

**INFORMATION AND RESERVATIONS:**

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