

*Train with  
the champion*

OPENING APRIL 2019



RAFA NADAL  
**TENNIS CENTRE**

SANI - GREECE

**SANI**  
RESORT



# RAFA NADAL TENNIS CENTRE

## **SERVING UP SKILLS AND FUN FOR ALL AGES**



Fans of the yellow felt ball can expect tennis in a big way at Sani as we welcome players of all ages to our brand new Rafa Nadal Tennis Centre. Developed by the Grand Slam-winning tennis legend, this awesome addition to our portfolio of sports facilities is a rare opportunity for all the family to hone their tennis skills and have a lot of fun doing so. Whether a beginner or pro, we'll make sure you return home fitter, healthier and an all-round better player. With brand new facilities and expert coaches, our Tennis Centre uses the same training methods that took Rafa all the way to the world number one spot – methods that are tried and tested by the Rafa Nadal Tennis Academy. Our programme not only focuses on the champion's technical and physical preparation, they also embrace elements of his personal values and mental training. Our Tennis Centre uses the same training methods that took Rafa all the way to the world number one spot – methods that are tried and tested by the Rafa Nadal Tennis Academy.



# ADULT PACKAGES

## 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 Tennis Centre coaches give all the players a level test before the program begins to assign them a training group according to their level of play. Improve your tennis game enjoying group training according to your level of play that allows you to learn and compete against other participants.

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**Duration:** 5 days

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**Hours of weekly training:** 10 hours

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**Schedule:** 8:00am – 10:00am / 10:00am – 12:00pm from Monday to Saturday 2hours/day

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**Objective:** To improve your tennis level training with other players who have the same level of play as you. Improve your technique and compete.

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**Ratio:** 1/4

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**Programme level:** HIGH intensity

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**Rates:** 360€

## LEARN TO COMPETE

Need to prepare your game for competition? This group tennis programme allows you to train with the Rafa Nadal Tennis Centre coaches by using a complete exercise point system where real tactical situations of competition are created. During the programme 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... The points earned after each exercise are reviewed individually by our coaches. In this complete programme 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 towards other players and fair play.

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**Duration:** 5 days

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**Hours of weekly training:** 7.5 hours

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**Schedule:** 17:30pm. – 19:00pm, from Monday to Saturday

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**Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.

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**Ratio:** 1/3

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**Programme level:** MEDIUM Intensity

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**Rates:** 250€

# ADULT PACKAGES

## 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 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.

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**Duration:** Weekly (Monday – Saturday)

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**Hours of weekly training:** 1-6 hours

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**Schedule:** 07:00am. – 08:00am

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**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.

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**Ratio:** 1/8

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**Programme level:** VERY HIGH Intensity

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**Rates:** 140€

## REGULAR SCHEDULE

If you are looking for a highly intensive tennis experience, this is your programme. It's an individual training or small groups package with the Rafa Nadal Tennis Centre coaches who adapt each session to your needs and level of play to improve your performance and game.

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**Duration:** Daily

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**Hours of weekly training:** 1-10 hours

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**Schedule:** 07:00am. – 21:00pm. (one lesson: 1 hour)

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**Objective:** To maximize the strengths and minimize the weaknesses of each player, while trying to improve performance in all areas of the programme: tennis and fitness training.

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**Ratio:** 1/1, 1/2

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**Programme level:** VERY HIGH Intensity

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**Rates:** 1 / 60€ 120€ 180€ 240€ 300€ 350€ 400€ 455€ 490€ 500€  
2 / 90€ 180€ 270€ 350€ 430€ 510€ 600€ 680€ 750€ 800€

# CHILDREN PACKAGES

## TOTAL TENNIS

Want to share your experience with players from around the world? At the Total Tennis you train in small group sessions and share great moments on the tennis courts. Our Rafa Nadal Tennis Centre coaches test all participating players at the beginning of the program to assign them a training group according to their level of play. Improve your tennis game while you enjoy group training that allows you to compete against other participants. This high intensity weekly training program is for players ages 8 to 18 who play regularly 2 to 3 times a week.

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**Duration:** 5 days

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**Hours of weekly training:** 2 hours daily

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**Schedule:** 5-7 years old, 10:00am – 12:00pm 8-12 years old, 08:00am – 10:00am 13-18 years old, 10:00am, - 12:00pm

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**Objective:** Maximize strengths and minimize players weaknesses

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**Ratio:** 1/4

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**Programme level:** HIGH intensity

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**Rates:** 360€

## LEARN TO COMPETE

Need to prepare your game for competition? This group tennis programme allows you to train with the Rafa Nadal Tennis Centre coaches by using a complete exercise point system where real tactical situations of competition are created. During the programme 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 programme 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. Are you ready to compete?

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**Duration:** 5 days

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**Hours of weekly training:** 7.5 hours

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**Schedule:** 17:30pm. – 19:00pm

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**Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.

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**Ratio:** 1/3

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**Programme level:** MEDIUM Intensity

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**Rates:** 250€



# PRIVATE LESSONS

## REGULAR SCHEDULE

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

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**Duration:** Daily

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**Hours of weekly training:** 1-10 hours

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**Schedule:** 07:00am. – 21:00pm (one lesson: 1 hour)

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**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.

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**Ratio:** 1/1, 1/2

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**Programme level:** VERY HIGH Intensity

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**Rates:** 1 / 60€ 120€ 180€ 240€ 300€ 350€ 400€ 455€ 490€ 500€  
2 / 90€ 180€ 270€ 350€ 430€ 510€ 600€ 680€ 750€ 800€

# RAFA NADAL TENNIS CENTRE

## AT A GLANCE

**8 clay tennis courts**

**An outdoor lounge**

**Service Periods:** April – October

**Hours of Operation:** 08:00 – 22:00

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## SANI RESORT

Halkidiki, Greece

630 77 Kassandra

SANIRESORT.GR

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Reservations: through the Sani **website**

Mobile Application, hotels reception and email **[rafanadaltenniscenter@saniresort.gr](mailto:rafanadaltenniscenter@saniresort.gr)**

Rafa Nadal Tennis Centre services availability is limited due to space and care ratios.

We strongly advise pre-booking to avoid disappointment.

