



**tennis
First**



RAFA'S RIDE AND RALLY

24th – 28th May 2018

Join Tennis First on our inaugural trip to the Rafa Nadal Academy in beautiful Mallorca with opportunities for amazing cycling, top-class tennis and a lot more fun thrown in!



Two packages available

Cycling Package

A reasonably testing (but far from impossible) programme of scenic rides where Team Sky choose to train, covering about 120km per day.

OR

Tennis Package

Enjoy two hours of tennis per day (with a Rafa instructor on a 4:1 ratio) plus the chance to play more tennis or take part in an incredible array of other activities in and around the Academy.

Take a look at the Academy's website <https://rafanadalacademy.com/en>

For more about this exciting opportunity, please visit

 www.tennisfirst.org.uk/events OR

 email: ken@tennisfirst.org.uk or pippa@tennisfirst.org.uk