

SANI
RESORT

Sani Academies

Welcome To Sani Academies

The experiences of a lifetime, during your stay at Sani

The Sani Academies collection provides children and adults with exquisite adventures and the opportunity to acquire new skills, all within the beautiful grounds of the resort. As a luxury destination, Sani resort has naturally ensured that each of these academies is run by leading experts in the field, supported by experienced coaches and instructors.

Within this safe environment our young guests learn and play with the best-of-the-best; acquiring the technical knowledge and physical skills taught to their idols.



AT A GLANCE

Sani Tennis Academy

By The Rafa Nadal Tennis Centre

Sani Football Academy

With Chelsea FC Foundation

Sani Sailing Academy

Sani Scuba Diving Academy

Certified by PADI

Sani Bike Academy

By KTM Bikes

Sani Water Ski Academy

By British Water Ski & Wakeboard (BWSW)

*NEW IN 2020: Bear Grylls Survival Academy

By Bear Grylls

Reference map

1. Sani Tennis Academy
2. Sani Football Academy
3. Sani Sailing Academy
4. Sani Scuba Diving Academy
5. Sani Bike Academy
6. Sani Water Ski Academy





By the 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 the 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 the whole 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 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.

Tailored programmes

Our personalised tennis programmes add a whole new element to your holiday, providing a unique chance to train, play and have a lot of fun together. Inspiring players of all ages and abilities, while polishing your serve, improving that backhand and teaching you new techniques. For those who love to battle it out on the courts, there'll also be thrilling tennis tournaments running throughout the season.

AT A GLANCE

8 clay tennis courts

Tennis Club House

An outdoor lounge

Service Periods: April – October

Hours of Operation: 08:00 – 22:00

Reservations: Sani website, Mobile Application and hotel receptions, or via email on rafanadaltenniscenter@saniresort.gr

Tennis programmes of all levels and age groups will be available for guests, residents and area visitors at the new Rafa Nadal Tennis Centre at Sani Resort. Each tennis training programme offered at the Rafa Nadal Tennis Centre is personalized, of high-quality and conducted by top, certified by Rafa Nadal Academy coaches. These programmes have developed a straightforward training methodology that is tailored to the individual, aiming to enhancing strengths while working to improve weaknesses.

PRIVATE LESSONS



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.

Duration: Daily

Hours of weekly training: 1-10 hours

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

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

Ratio: 1/1, 1/2

Programme level: VERY HIGH Intensity

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

TOTAL TENNIS

- Adult Packages -



Want to share your experience with players from all over the world? At Total Tennis you can train in small group sessions and share amazing times on the court. Our Rafa Nadal Tennis Centre coaches give all players a level test before the programme begins to assign them a training group according to their ability level. Improve your tennis game and compete against other participants.

Duration: 5 days

Hours of weekly training: 10 hours

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

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

Ratio: 1/4

Programme level: HIGH intensity

Rates: 360€

Sani Tennis Academy

LEARN TO COMPETE

- Adult Packages -



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, two important aspects in tennis. Coaches help you maintain a high intensity training, focusing always on respect and fair play.

Duration: 5 days

Hours of weekly training: 7.5 hours

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

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

Ratio: 1/3

Programme level: MEDIUM Intensity

Rates: 250€

Sani Tennis Academy

CARDIO TENNIS

- Adult Packages -



Improve your fitness level while playing your favourite sport. Combine workouts on the tennis court with cardiovascular exercises that help improve your fitness level and maximize 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)

Hours of weekly training: 1-6 hours

Schedule: 07:00am – 08:00am

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

Programme level: VERY HIGH Intensity

Rates: 140€

TOTAL TENNIS

- Children's Packages -



Want to share your experience with players from around the world? At 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 programme to assign them a training group according to their level of play. Improve your tennis game while you enjoy group training and compete against other participants. This high intensity weekly training programme is for players ages 8 to 18 who play regularly (2 to 3 times per week).

Duration: 5 days

Hours of weekly training: 2 hours daily

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

Objective: Maximize strengths and minimize players weaknesses

Ratio: 1/4

Programme level: HIGH intensity

Rates: 360€

LEARN TO COMPETE

- Children's Packages -



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 players work specifically on their technical, tactical and mental game. We focus on concentration and self-control, important aspects in tennis. Coaches help maintain a high intensity training, focusing always on the respect toward other players and fair play. Are you ready to compete?

Duration: 5 days

Hours of weekly training: 7.5 hours

Schedule: 17:30pm – 19:00pm

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

Ratio: 1/3

Programme level: MEDIUM Intensity

Rates: 250€