

# AC HOTEL BY MARRIOTT, BARCELONA

## ADULT TENNIS HOLIDAY

“ WELCOME TO YOUR ACTIVE AWAY TENNIS HOLIDAY! Enjoy 22.5hrs of Coaching, Doubles Play & an end of week Active Away Cup Tournament curated by Jamie Murray MBE. We hope you have a fantastic holiday with us & you will be well looked after by our Team.

 Red Clay Courts

 B&B Board

 20 Minutes from Faro Airport

	MORNING	AFTERNOON	NIGHT
	<b>Arrival</b> <ul style="list-style-type: none"> <li>- If you've booked a Transfer as part of your package, an Active Away Representative will be there to meet you on arrival and it will take 20 Minutes to travel to the hotel.</li> <li>- If you've not booked a Transfer then please contact your host in the WhatsApp group to let them know your arrival time.</li> </ul>		
DAY 1	<b>07:00 - 08:00 → Breakfast</b> - Join the Group at the Hotel Restaurant <b>08:00 - 08:25 → Welcome Meeting</b> - In the Hotel Lobby <b>08:25 - 08:25 → Walk</b> - To the Laietà Tennis Club (~20 minutes) <b>10:00 - 12:00 → Tennis</b> - Rally Rhythm: The Green Zone <b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching	<b>11:00 - 11:15 → Cool Down &amp; Stretch</b> - Gentle Stretching <b>11:15 - 13:30 → Lunch</b> - Join the Group at the Tennis Club (approx €15) <b>13:30 - 14:00 → Tennis Masterclass</b> - Warming Up to Win <b>14:00 - 16:00 → Tennis</b> - Find Your Rhythm	<b>19:30 → Meet</b> - In the Lobby Bar <b>20:00 → Dinner</b> - Join the Group at the Central Park BCN Restaurant (approx cost €30 - €50) - walking distance
DAY 2	<b>07:00 - 08:25 → Breakfast</b> - Join the Group at the Hotel Restaurant <b>08:25 - 08:25 → Walk</b> - To the Laietà Tennis Club (~20 minutes) <b>09:00 - 11:00 → Tennis</b> - Spanish Drills: Train like the pros	<b>11:00 - 11:15 → Cool Down &amp; Stretch</b> - Gentle Stretching <b>11:15 - 13:30 → Lunch</b> - Join the Group at the Tennis Club (approx €15) <b>13:30 - 14:00 → Tennis Masterclass</b> - Mental Matchplay Mastery (Focus, resilience & routines) <b>14:00 - 15:00 → Tennis</b> - Serve & Return <b>15:00 - 16:00 → Tennis</b> - Mind Over Match (Point play & coaching)	<b>19:30 → Meet</b> - In the Lobby Bar <b>20:00 → Dinner</b> - Join the Group at the Lena Dani Garcia Restaurant (approx cost €30 - €50) - walking distance
DAY 3	<b>08:00 - 08:30 → Breakfast</b> - Join the Group at the Hotel Restaurant <b>10:00 - 10:10 → Walk</b> - To the Real Club de Tennis Barcelona to watch the Barcelona ATP Quater Finals (~10 minutes) <b>10:30 - 13:00 → Watch</b> - The Barcelona ATP Quarter Finals	<b>13:00 → Lunch</b> - At the Barcelona Open (approx €20) <b>14:00 → Watch</b> - The Barcelona ATP Quarter Finals	<b>20:00 → Dinner</b> - At the tournament <b>22:00 → Meet</b> - In the Lobby Bar
DAY 4	<b>Departure</b> <ul style="list-style-type: none"> <li>- If you've booked a Transfer as part of your package, you will be collected 2.5 hours before your flight departs</li> <li>- If you've not booked a Transfer then please contact your host to let them know your departure time, so they can say goodbye!</li> </ul>		