

# LIBERTY LYKIA, TURKEY

## ADULT TENNIS HOLIDAY

 activeaway | UNIQUE RACKET EXPERIENCES

“ 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.

 18x Astro Turf Courts

 All-Inclusive Board

 70 Minutes from Dalaman Airport

 2x Beaches and 4x Pools

	MORNING	AFTERNOON	NIGHT
<b>SAT</b>	<b>Arrivals</b> -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 70 Minutes to travel to the hotel. -If you've not booked a Transfer then please contact your host in the WhatsApp group to let them know your arrival time.		
<b>SUN</b>	<b>07:30 - 09:25 → Breakfast</b> - Join the group at the Liberty Adult Only Restaurant <b>09:30 - 09:55 → Welcome Meeting</b> - At the Tennis Centre <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>13:00 → Lunch</b> - Join the group at the Liberty Adult Only Restaurant <b>16:30 - 17:00 → Tennis Masterclass</b> - Warming Up to Win <b>17:00 - 19:00 → Tennis</b> - Find Your Rhythm	<b>20:00 → Meet</b> - In the Liberty Adult Only Bar <b>20:30 → Dinner</b> - Join the group at the Liberty Adult Only Restaurant
<b>MON</b>	<b>07:30 - 09:30 → Breakfast</b> - Join the group at the Liberty Adult Only Restaurant <b>10:00 - 12:00 → Tennis</b> - Spanish Drills: Train like the pros <b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching	<b>13:00 → Lunch</b> - Join the group at the Liberty Adult Only Restaurant <b>16:30 - 17:00 → Tennis Masterclass</b> - Mental Matchplay Mastery (Focus, resilience & routines) <b>17:00 - 18:00 → Tennis</b> - Serve & Return <b>18:00 - 19:00 → Tennis</b> - Mind Over Match (Point play & coaching)	<b>20:00 → Meet</b> - In the Liberty Adult Only Bar <b>20:30 → Dinner</b> - Join the group at the Liberty Adult Only Restaurant
<b>TUE</b>	<b>07:30 - 09:00 → Breakfast</b> - Join the group at the Liberty Adult Only Restaurant <b>09:30 - 10:00 → Tennis Masterclass</b> - The Art of the Approach <b>10:00 - 12:00 → Tennis</b> - Transition Triumph (Approach shots, net movement) <b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching	<b>13:00 → Lunch</b> - Join the group at the Liberty Adult Only Restaurant <b>17:00 - 19:00 → Tennis</b> - The Active Away Continental Cup: Europe vs Rest of The World	<b>20:00 → Meet</b> - In the Liberty Adult Only Bar <b>20:30 → Dinner</b> - Join the group at the Balbura Steak Restaurant* *Additional charge for non Adult-Only guests of €50
<b>WED</b>	<b>Day Off → Optional Day Trip!</b> Please visit <a href="https://activeaway.com/active-away-day-off-guides/">https://activeaway.com/active-away-day-off-guides/</a> for more information		
<b>THU</b>	<b>07:30 - 09:30 → Breakfast</b> - Join the group at the Liberty Adult Only Restaurant <b>10:00 - 12:00 → Tennis</b> - Doubles Disruption (Unpredictable patterns & creativity) <b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching	<b>13:00 → Lunch</b> - Join the group at the Liberty Adult Only Restaurant <b>16:30 - 17:00 → Tennis Masterclass</b> - The Psychology of Doubles (Disrupt, distract, dominate) <b>17:00 - 19:00 → Tennis</b> - Disrupt & Dominate	<b>20:00 → Meet</b> - In the Liberty Adult Only Bar <b>20:30 → Dinner</b> - Join the group at the Turkish Restaurant* *€10 Additional Charge
<b>FRI</b>	<b>07:30 - 09:00 → Breakfast</b> - Join the group at the Liberty Adult Only Restaurant <b>09:30 - 11:00 → Tennis</b> - Bullseye Battle <b>11:00 - 13:00 → Tennis</b> - The Active Away Tour Finals: The Legends Classic	<b>13:00 → Lunch</b> - Join the group at the Liberty Adult Only Restaurant <b>17:00 - 18:00 → Tennis Exhibition</b> - Coaches Exhibition Match <b>18:00 - 19:00 → Presentation</b>	<b>20:00 → Meet</b> - In the Liberty Adult Only Bar <b>20:30 → Dinner</b> - Join the group at the Chinese Restaurant* *€10 Additional Charge
<b>SAT</b>	<b>Departure</b> - If you've booked a Transfer as part of your package, you will be collected 3.5 hours before your flight departs - If you've not booked a Transfer then please contact your host to let them know your departure time, so they can say goodbye!		