

ROYAL MARE, CRETE

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.

 7x Red Clay Courts

 30 Minutes from Heraklion Airport

 All-Inclusive Board

 Beaches and 4 Pools

	MORNING	AFTERNOON	NIGHT
SAT	Arrivals -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 30 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.		
SUN	08:00 - 09:25 → Breakfast - Join the group at the Symposio Restaurant 09:30 - 09:55 → Welcome Meeting - At the Tennis Centre 10:00 - 12:00 → Tennis - Rally Rhythm: The Green Zone 12:00 - 12:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Symposio Restaurant 16:30 - 17:00 → Tennis Masterclass - Warming Up to Win 17:00 - 19:00 → Tennis - Find Your Rhythm	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Symposio Restaurant
MON	08:00 - 09:30 → Breakfast - Join the group at the Symposio Restaurant 10:00 - 12:00 → Tennis - Spanish Drills: Train like the pros 12:00 - 12:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Symposio Restaurant 16:30 - 17:00 → Tennis Masterclass - Mental Matchplay Mastery (Focus, resilience & routines) 17:00 - 18:00 → Tennis - Serve & Return 18:00 - 19:00 → Tennis - Mind Over Match (Point play & coaching)	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the South American Pacifico restaurant
TUE	08:00 - 09:00 → Breakfast - Join the group at the Symposio Restaurant 09.30 - 10:00 → Tennis Masterclass - The Art of the Approach 10:00 - 12:00 → Tennis - Transition Triumph (Approach shots, net movement) 12:00 - 12:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Albatross Restaurant 17:00 - 19:00 → Tennis - The Active Away Continental Cup: Europe vs Rest of The World	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Symposio Restaurant
WED	Day Off → Optional Day Trip! <i>Please visit https://activeaway.com/active-away-day-off-guides/ for more information</i>		
THU	08:00 - 09:30 → Breakfast - Join the group at the Symposio Restaurant 10:00 - 12:00 → Tennis - Doubles Disruption (Unpredictable patterns & creativity) 12:00 - 12:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Symposio Restaurant 16:30 - 17:00 → Tennis Masterclass - The Psychology of Doubles (Disrupt, distract, dominate) 17:00 - 19:00 → Tennis - Disrupt & Dominate	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Candia Restaurant
FRI	08:00 - 08:45 → Breakfast - Join the group at the Symposio Restaurant 09:00 - 11:00 → Tennis - Bullseye Battle 11:00 - 13:00 → Tennis - The Active Away Tour Finals: The Legends Classic	13:00 → Lunch - Join the group at the Symposio Restaurant 17:00 - 18:00 → Tennis Exhibition - Coaches Exhibition Match 18:00 - 19:00 → Presentation	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Royal Palm Restaurant
SAT	Departure - 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!		