

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