

HILTON VILAMOURA

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.

 9x Hard Courts

 40 Minutes from Faro Airport

 B&B Board Basis

 6x Pools

MORNING		AFTERNOON	NIGHT
DAY 1	Arrival → Please select a morning flight that lands before 1pm so you arrive ready to play Tennis on the first day. Airport Transfer → We can organise an Airport Transfer for you or alternatively you can make your own way from the Airport to the Hotel.	15:30 - 16:00 → Welcome Meeting - Meet the group and your coaching team 16:00 - 18:00 → Tennis matchplay - Find Your Rhythm	20:30 → Dinner - For the first evening, we keep things nice and simple by dining in the hotel restaurant. <i>*Estimated price of €30.</i>
DAY 2	07:30 - 08:30 → Breakfast - Join the group in the Main Buffet Restaurant to start the day well! 08:30 → Depart - For the Tennis courts (around 17-20 mins). 09:00 - 11:30 → Tennis Coaching - Rally Rhythm: The Green Zone 11:30 - 11:45 → Cool Down & Stretch - Gentle Stretching	12:30 - 13:30 → Lunch - Enjoy a fresh Mediterranean lunch at the club. <i>*Estimated price of €15-20</i> 14:00 - 16:00 → Free Time - Either have a gentle walk back to the hotel, relax at the club or do some shopping. 16:00 - 16:30 → Tennis Masterclass - Mental Matchplay Mastery (Focus, resilience & routines) 16:30 - 18:00 → Tennis - Mind Over Match (Point play & coaching)	20:00 → Dinner - Join the group for Dinner at Willie’s restaurant, featuring Mediterranean and international cuisine. <i>*Estimated price of €30-50.</i>
DAY 3	07:30 - 08:30 → Breakfast - Join the group in the Main Buffet Restaurant to start the day well! 08:30 → Depart - For the Tennis courts (around 17-20 mins). 09:00 - 9:30 → Tennis Masterclass - The Psychology of Doubles (Disrupt, Distract, Dominate) 9:30 - 11:30 → Tennis Coaching - Transition Triumph (Approach shots, net movement) 11:30 - 11:45 → Cool Down & Stretch - Gentle Stretching	12:30 - 13:30 → Lunch - Enjoy a fresh Mediterranean lunch at the club. <i>*Estimated price of €15-20</i> 14:00 - 16:00 → Free Time - Either have a gentle walk back to the hotel, relax at the club or do some shopping. 16:00 - 16:00 → Spanish Drills - Train like the pros.	20:00 → Dinner - Join the group for Dinner at NoSolo Italia Vilamoura Marina Restaurant, featuring local cuisine. <i>*Estimated price of €30-50.</i>
DAY 4	07:30 – 08:45 → Breakfast – Join the group for breakfast in the main buffet restaurant. 09:00 – 10:30 → Legends cup - Tennis team matchplay 10:30 – 10:45 → Presentation – End of holiday presentation. 11:00 – 12:00 → Check Out	Departure → Please select an afternoon flight which departs after 3pm so you can have a final morning of Tennis coaching! Airport Transfer → We can organise an Airport Transfer for you or alternatively you can make your own way from the Hotel to the Airport.	