

# 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

 B&B Board Basis

 40 Minutes from Faro Airport

 6x Pools

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