

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