activeaway®

G4P Brighton

Example Itinerary

Friday

Time	Topic
15:00	**Welcome** - Meet your Active Away hosts and the rest of the group at Hove Beach Park. We will introduce the weekend and help everyone get ready for the first session.
15:30 - 16:30	**Tennis** - Start with one hour of coaching on the outdoor hard tennis courts, following the Jamie Murray tennis programme.
16:30 - 18:30	**Padel** - Move onto the outdoor artificial-grass padel courts for two hours of coaching from the Louie Harris padel programme.
18:30	**Padel Finishes** - Friday's coaching finishes, leaving time to freshen up before the evening.
19:30	**Optional Group Dinner** - Meet the group for an optional dinner. The restaurant will be confirmed for your departure. All food and drink are paid locally and are not included.

Saturday

Time	Topic
08:45	**Welcome** - Meet the group for a quick welcome before the morning tennis session.
09:00 - 11:00	**Tennis** - Enjoy a two-hour doubles-focused session, developing positioning, teamwork, strategy and match play through the Jamie Murray tennis programme.
11:00 - 15:00	**Lunch & Free Time** - Take lunch at your leisure. Babble is located inside Hove Beach Park's Outdoor Sports Hub, and there are other cafes along the seafront. Food and drinks are paid locally.
15:00 - 17:00	**Padel** - Build on Friday's foundations with two more hours from the Louie Harris padel programme, including tactics and competitive games.
19:30	**Optional Group Dinner** - Regroup for an optional dinner at The Ginger Pig, subject to availability. Active Away will organise the reservation; all food and drink are paid locally.

Sunday

Time	Topic
08:45	**Welcome** - Meet the group at Hove Beach Park and get ready for the final morning.
09:00 - 10:30	**Tennis** - Begin the final morning with 90 minutes of coaching on the outdoor hard tennis courts.
10:30 - 12:00	**Padel** - Move directly into 90 minutes of coaching on the outdoor artificial-grass padel courts.
12:00	**Weekend Finishes** - We will wrap up the coaching weekend and say goodbye to the group.