

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.

	MORNING	AFTERNOON	EVENING
SATURDAY	Arrival - 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 70 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.		
SUNDAY	07:30 - 09:25 > Breakfast - Join the Group at the Sentido Restaurant (No reservation available) 08:00 - 08:45 > Yoga - Adjacent to Sentido Pool 09:30 - 09:55 > Welcome Meeting - At the Tennis Centre 10:00 - 12:00 > Tennis - Baseline Brilliance: The Power of Precision 12:00 - 12:15 > Coffee - Court 19 Bar	13:00 > Lunch - Join the Group at the Sentido Restaurant (No reservation available) 16:30 - 17:00 > Tennis Masterclass - Team Harmony: Building Successful Partnerships 17:00 - 19:00 > Tennis - Doubles Social: Consistent Communication - Doubles Discovery	20:00 > Meet - In the Sentido Bar 20:30 > Dinner - Join the Group at the Sentido Restaurant
MONDAY	07:30 - 09:50 > Breakfast - Join the Group at the Sentido Restaurant (No reservation available) 08:00 - 08:45 > Yoga - Adjacent to Sentido Pool 10:00 - 12:00 > Tennis - Triple Threat: Perfecting the First Three Shots 12:00 - 12:15 > Cool Down & Stretch - Gentle Stretching	13:00 > Lunch - Join the Group at the Sentido Restaurant (No reservation available) 16:30 - 17:00 > Tennis Masterclass - The Technical Tune Up 17:00 - 19:00 > Tennis - Doubles Social: Tactical Tie Breaks: Implementing Strategies for Success	20:00 > Meet - In the Sentido Bar 20:30 > Dinner - Join the Group at the Sentido Restaurant
TUESDAY	07:30 - 09:25 > Breakfast - Join the Group at the Sentido Restaurant (No reservation available) 08:00 - 08:45 > Yoga - Adjacent to Sentido Pool 09:30 - 10:00 > Tennis Masterclass - Perfecting Positioning & Communication 10:00 - 12:00 > Tennis - Dynamic Doubles: Strategies for Success Transitions 12:00 - 12:15 > Coffee - Court 19 Bar	13:00 > Lunch - Join the Group at the Sentido Restaurant (No reservation available) 17:00 - 19:00 > Tennis - The Head Classic - Radicals vs Speeds	20:00 > Meet - In the Sentido Bar 20:30 > Dinner - Join the Group at the Sentido Restaurant
WEDNESDAY	Day Off > Optional Day Trip - Please visit https://activeaway.com/active-away-day-off-guides/ for more information Dinner - Please book your own meal, or alternatively join the Coaching Team		
THURSDAY	07:30 - 09:50 > Breakfast - Join the Group at the Sentido Restaurant (No reservation available) 08:00 - 08:45 > Yoga - Adjacent to Sentido Pool 10:00 - 12:00 > Tennis - Net Mastery: Owning the Net 12:00 - 12:15 > Cool Down & Stretch - Gentle Stretching	13:00 > Lunch - Join the Group at the Sentido Restaurant (No reservation available) 16:30 - 17:00 > Tennis Masterclass - Murray's Mastermind 17:00 - 19:00 > Tennis - Doubles Social - Tennis Team Up	20:00 > Meet - In the Lobby Bar 20:30 > Dinner - Join the Group at the Turkish A La Carte Restaurant (supplement of €15) Restaurant or the Sentido Restaurant
FRIDAY	07:30 - 08:55 > Breakfast - Join the Group at the Sentido Restaurant (No reservation available) 08:00 - 08:45 > Yoga - Adjacent to Sentido Pool 09:00 - 10:30 > Tennis - Bullseye Battle 10:30 - 13:00 > Tennis - Active Away Cup - Champagne Social Tournament	13:30 > Lunch - Join the Group at the Sentido Restaurant (No reservation available) 17:00 - 18:00 > Tennis - Coaches Exhibition Match 18:00 - 18:30 > Presentation	20:00 > Meet - In the Sentido Bar 20:30 > Dinner - Join the Group at the Phaselis Asian A La Carte Restaurant (supplement of €25) Restaurant
SATURDAY	Departure - 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!		



19x Astro Turf Courts



70 Minutes from Dalaman Airport



6x Restaurants



2x Beaches
4x Pools