

# Ikos Aria, Kos

## Itinerary: 2020 Tennis Holidays

activeaway

	Day	Date	Morning	Afternoon	Evening
Day 1			<b>Arrival</b> - An Active Away Representative will be there to meet you on arrival. It will take approx 30 minutes to travel from the airport to the hotel.	<b>Arrival</b> - An Active Away Representative will be there to meet you on arrival. It will take approx 30 minutes to travel from the airport to the hotel.	19:45 - Meet in the Main Bar 20:00 - <b>Dinner</b> - In the Flavours Buffet Restaurant 21:30 - <b>Show</b> - Dance Dance Dance at the Theatre 21:45 - <b>Dinner</b> - In the Season Restaurant for late arrivals
Day 2			09:30am - <b>Welcome Meeting</b> - In the lobby 10:00am - 12:00 - <b>Tennis</b> - 'How to be Solid from the Back'	13:00 - <b>Lunch</b> - Join the coaches in the Flavours Buffet Restaurant 15:30 - 16:00 - <b>Tennis Masterclass</b> - 'Find your Doubles DNA' 16:00 - 18:00 - <b>Tennis</b> - Doubles Social Afternoon with 'DNA top tips from the Coaches'	19:00 - <b>Dinner</b> - In the Olivia Restaurant 19:00 - <b>Dinner</b> - In the Kos Restaurant 21:30 - <b>Dance</b> - Live Music In the Bar
Day 3			10:00am - 11:00am - <b>Tennis</b> - 'Being Comfortable at the Net' 11:00am - 12:00pm - <b>Tennis</b> - 'Examining your Doubles DNA'	13:00 - <b>Lunch</b> - Join the coaches in the Fresco A La Carte Restaurant 15:30 - 16:00 - <b>Tennis Masterclass</b> - 'Serve + Return' 16:00 - 17:00 - <b>Tennis</b> - Serve + Return Coaching 17:00 - 18:00 - <b>Tennis</b> - Doubles Social Afternoon with 3 Serves + Top Serve + Return tips from the Coaches	18:00 - 19:00 - <b>Watch</b> - Coaches Exhibition Match 19:45 - <b>Meet</b> in the Lobby Bar 20:45 - <b>Dinner</b> - In the Olivia Restaurant 20:45 - <b>Dinner</b> - In the Kos Restaurant 21:30 - <b>Dance</b> - Dj in the Lobby Bar
Day 4			10:00am - 12:00 - <b>Tennis</b> - 'Stressbuster - Fast Paced Doubles Drills Session'	13:00 - Lunch - Join the coaches in the Kos A La Carte Restaurant 15:30 - 16:00 - <b>Tennis Masterclass</b> - 'Communication with Partner + Learn Australian' 16:00 - 18:00 - <b>Tennis</b> - Doubles Social Afternoon with tips from the Coaches - you must play Australian.	19:45 - Meet in the Main Bar 20:00 - <b>Dinner</b> - In a Flavours Restaurant 21:30 - <b>Drinks</b> - at the White Party on the beach
Day 5			<b>Day Off - Optional Day Trip</b> - Full day cruise - €60pp - BBQ, fresh fruit & Drinks Sightseeing - Mini Hire - Go see the island	<b>Day Off - Optional Day Trip</b> - Full day cruise - €60pp - BBQ, fresh fruit & Drinks Sightseeing - Mini Hire - Go see the island	<b>Dinner</b> - Book your own meal / Join the coaching team
Day 6			10:00am - 12:00 - <b>Tennis</b> - 'Spin to Win / Put your Overhead to Bed / Burn the Return'	13:00 - <b>Lunch</b> - Join the coaches in the Flavours Buffet Restaurant 15:45 - 16:00 - <b>Tennis Masterclass</b> - 'Using your Strength's + Exposing Weaknesses' 16:00 - 18:00 - <b>Tennis</b> - Doubles Social Afternoon - Can you figure your opponent out?	19:30 - <b>Dinner</b> - In the Anaya Restaurant 19:30 - <b>Dinner</b> - In the Kos Restaurant 21:30 - <b>Show</b> - Tributes at the theatre
Day 7			10:00am - 14:00 - <b>Tennis</b> - 'Davis Cup Champagne Social Tournament'	14:30 - <b>Lunch</b> - Join the coaches in the Fresco Restaurant 17:30 - 18:30 - <b>Watch</b> - Coaches Exhibition Match 18:30 - 19:00 - <b>Presentation</b> - End of week awards	19:45 - <b>Meet</b> - in the Lobby Bar 20:00 - <b>Dinner</b> - In the 'Kos' Restaurant 21:30 - <b>Show</b> - Magic of Musicals at the theatre
Day 8			<b>Departure</b> - An Active Away Representative will be there to wave you goodbye. Your collection will be approximately 3 hours before your flight time.	<b>Departure</b> - An Active Away Representative will be there to wave you goodbye. Your collection will be approximately 3 hours before your flight time.	<b>Departure</b> - An Active Away Representative will be there to wave you goodbye. Your collection will be approximately 3 hours before your flight time.

This itinerary is subject to change dependent on availability and the weather.  
\*Extra charge applicable, more info and booking list available at the hotel.

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**NEW  
FOR  
2020**

DESIGNED BY

**LOUIS CAYER\***

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Tennis Holidays for everyone

\*Louis has worked with 10 top 100 singles players; and he is internationally renowned for his expertise in doubles, working with 6 No. 1 players and 24 top 50 ATP. He also coached the GB Davis + Fed Cup Teams.