



Typical day on a Carvoeiro Clube de Ténis holiday.

Arrive after breakfast for the workout with your coach. Although this can be organized around your social plans for the day generally a 1000am start is the ideal time to start your 3 or 5 day programme.

Depending on ability your choice of work will be technical, tactical with a sensible content of cardio-vascular drills.

After lunch is popular time for game-arranging with the locals for a single or double match. Also popular are our twice weekly mix in sessions.

Maybe time to fit in an extra 50min lesson with the pro or a session in the gym before off to the apartment or villa to get ready for dinner. We can help you find the best restaurants to visit, after a recuperating drink in one of the local bars, good night's sleep ready for the next day on court.

If you wish to combine your tennis activities with other attractions of the region such as our wonderful beaches and all the sports that they offer or shopping, concerts, water parks etc we can accommodate time for all with our flexible packages.

Mail us with an idea of your preferred itinerary and we can plan your tennis holiday with a varied standard of accommodation. All our coaches are of tournament standard and are delighted to help you get the most out of your holiday by making introductions or recommendations.

See you on the sunny Algarve.