

ADULT WEEKEND TENNIS BREAKS

2021 PACKAGES FOR PLAYERS



WELCOME

- ▶ **BISHAM ABBEY NATIONAL SPORT CENTRE** is the centre of excellence for not only the country's leading sportsmen and women, but also the local community, Bisham Abbey NSC provides state of the art sporting and non-sporting facilities. Bisham Abbey was once home to Henry VIII and Elizabeth I and offers the uniqueness of time and history as well as modern facilities for a variety of visitors. With 40 acres of beautiful grounds to explore, as well as the unique history to be found in our Grade I listed 13th Century Abbey.
- ▶ **ADULT TENNIS BREAKS** can be tailor made and are flexible to your needs. Weekends are suitable for beginners wishing to learn the basic strokes and techniques of the game to more advanced and regular players wanting to take their game to the next level.
- ▶ **CORPORATE DAYS** Living Tennis offer a range of options for business teams; from lunch time groups sessions for local companies to team build tennis days and also the opportunity for hospitality at the famous Boodles event at Stoke Park Club or in the historic Bisham Abbey Hall. Contact us to discuss your requirements.

Great team, performance tennis and the facilities are outstanding!



BISHAM ABBEY NSC

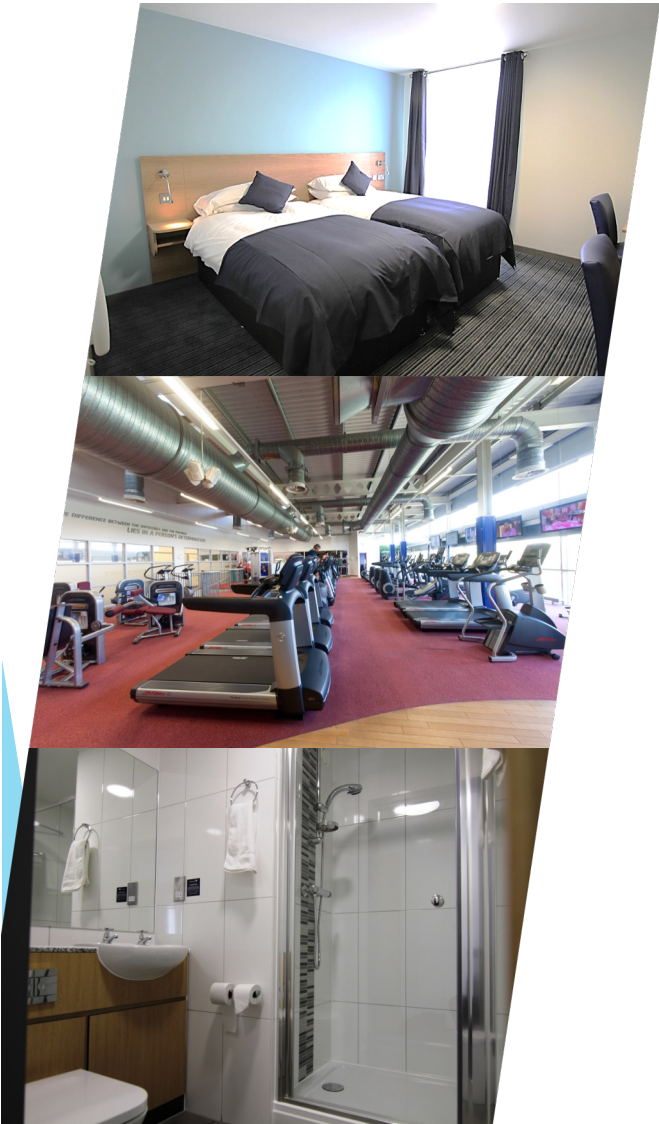
Bisham Abbey National Sports Centre is the flagship academy of Living Tennis. We are the destination for performance playing in the UK.

Situated on the River Thames in between Junction 4 of the M40 and Junction 8/9 of the M4, the academy is just 20 minutes from Heathrow Airport and 30 miles from the centre of London.

Bisham Abbey is one of Sport England's National Sports Centres, used as a prestigious training venue for over 20 different sports and organisations including the English Institute of Sport, England Hockey, Living Tennis and the England Football and Rugby Associations.

As a centre of excellence for not only the country's leading sportsmen and women, but also the local community, Bisham Abbey provides a state of the art sporting and non-sporting facilities. Tennis courts consist of four outdoor professional LTA standard American clay courts, four floodlit acrylic courts and four indoor hard courts. With 4 indoor courts, 4 floodlit outdoor acrylic courts and 4 artificial clay courts, the Living Tennis Pro Academy trains at one of the best facilities in the country.

Follow us on Facebook@ www.facebook.com/livingtennis Call us: 01628487775
Email us: mbramwell@livingtennis.co.uk www.livingtennis.co.uk



PLAYER FACILITIES

Bisham Abbey have 50 en-suite bedrooms that can be configured into twin and Double rooms. Each bedroom includes a television and complimentary tea and coffee making facilities. Wireless internet access for all.

Breakfast is buffet style, served in the Engine room. There is also a café serving a selection of snacks, sandwiches and hot drinks.

Our state of the art gym is split over two levels. The cardio machines have built in TV's and internet connectivity, plus there's an extensive free weights and functional area with a wide range of equipment.

Changing rooms, showers as well as a sauna and steam room on site.

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Want to get involved?

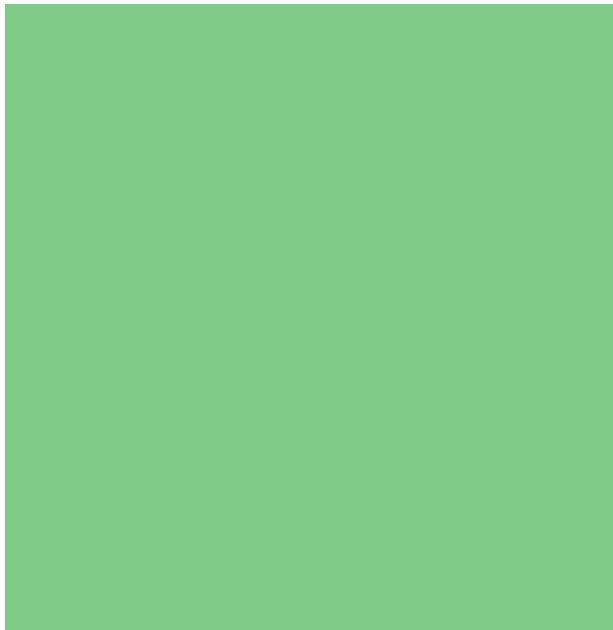
- ▶ Time to focus and improve your game
- ▶ Enjoy quality time with friends
- ▶ Accommodation onsite at the beautiful riverside Bisham Abbey NSC
- ▶ Healthy food in the Refuel Cafe
- ▶ Use of state of the art gym and other facilities
- ▶ Optional extra - Sports massage
- ▶ Optional extra - Individual tennis lesson
- ▶ Optional extra - Individual Fitness lesson
- ▶ Optional Extra - Full Living Tennis Kit package
- ▶ Available for weekends year round and also non-term time holidays

Easy booking online: www.livingtennis.co.uk/adultweekends

Contact Merle Bramwell for more information: mbramwell@livingtennis.co.uk



2021 Dates - to be confirmed



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TENNIS COACHING SCHEDULE

ARRIVAL DAY FRIDAY	ARRIVAL FROM 3PM	CHECK INTO HOTEL	EVENING FREE TO VISIT MARLOW FOR MEAL AND DRINKS	TENNIS - FREE PLAY AT YOUR OWN LEISURE (8-10pm)	
DAY 1 SATURDAY	BREAKFAST @ REFUEL CAFÉ 8am	9 - 12pm TENNIS	12.30 - 1.30pm LUNCH @ REFUEL CAFE	2 - 4pm TENNIS	EVENING FREE TO VISIT MARLOW FOR MEAL AND DRINKS
DAY 2 SUNDAY	BREAKFAST @ REFUEL CAFÉ 8am	10 - 12pm TENNIS	12.30pm - 1.30pm LUNCH @ REFUEL CAFE	2 - 4pm TENNIS	CHECK OUT

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BOOKINGS

01

CHOOSE YOUR PACKAGE

OPTION 1: £430 PER PERSON
2 NIGHTS BASED ON SINGLE
ROOM

OPTION 2: £350 PER PERSON
2 NIGHTS BASED ON 2 SHARING

02

DAY VISITS

OPTION 3: SATURDAY TENNIS
ONLY £120 PER PERSON
(5 hours of play)

OPTION 4: SUNDAY TENNIS ONLY
£100 PER PERSON
(4 hours of play)

03

CHOOSE OPTIONAL EXTRAS

PLAY WITH A COACH (1HR) £50
SPORTS MASSAGE (1HR) £65
PERSONAL FITNESS (1HR) £45
FULL LIVING TENNIS KIT £99

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