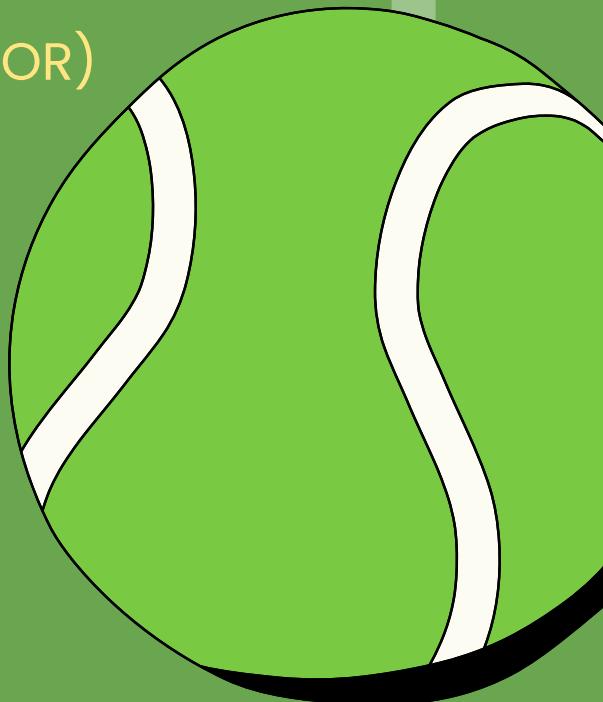
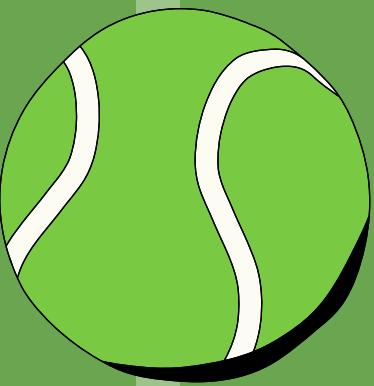


2ND CHIANG MAI TENNIS RETREAT

21ST - 24TH JANUARY 2026

1,400 SGD PER PERSON

“CHALLENGING, FUN, ENRICHING”



- 12H TENNIS TRAINING AT TRIPLE ACE (INDOOR)
- PERSONALISED VIDEO ANALYSIS
- STRETCH ROUTINES, ICE BATH AND SAUNA
- YOGA SESSION
- 2 GROUP DINNERS OUT

DAY 1 • GROUP DINNER OUT

DAY 2 • TECHNICAL DRILLS
• CARDIO TENNIS
• TENNIS STRETCH ROUTINE

DAY 3 • MORNING YOGA
• SERVES AND RETURNS
• NET GAME
• ICE BATH AND SAUNA

DAY 4 • MATCHPLAY (SINGLES & DOUBLES)
• TEAM CHALLENGE
• VIDEO ANALYSIS
• GROUP DINNER OUT

LIMITED SPOTS AVAILABLE – BOOK NOW!

TENNIS AND WELLNESS

@METTA.TENNIS.RETREATS

CHIANG MAI TENNIS RETREAT - SCHEDULE

DAY 1 - WEDNESDAY, JAN 21 (ARRIVAL)

- WELCOME AND GROUP DINNER OUT

DAY 2 - THURSDAY, JAN 22 (TRAINING BEGINS)

- 9:00-11:00AM - TECHNICAL DRILLS (STROKE REFINEMENT, FOOTWORK, CONSISTENCY)
- 3:00-5:00PM - CARDIO TENNIS (DYNAMIC DRILLS, FITNESS ON COURT)
- 5:00-5:15PM - TENNIS STRETCH ROUTINE
- FREE EVENING TO REST OR EXPLORE CHIANG MAI

DAY 3 - FRIDAY, JAN 23

- 8:15-9:15AM - MORNING YOGA BY THE LAKE
- 10:00AM-12:00PM - SERVE AND RETURN SESSION (POINT BUILDING, COMPETITIVE DRILLS)
- 3:00-5:00PM - NET GAME SESSION (VOLLEYS + SMASH)
- ICE BATH, SAUNA, STRETCHING ROUTINE

DAY 4 - SATURDAY, JAN 24

- 9:00-11:00AM - MATCHPLAY FOCUS (SINGLES & DOUBLES FORMAT, TACTICAL SITUATIONS)
- 3:00-5:00PM - TEAM CHALLENGE (FUN COMPETITIONS, POINTS)
- 5:00-5:30PM - VIDEO ANALYSIS SESSION
- 5:30-5:45PM - TENNIS STRETCH ROUTINE
- GROUP DINNER OUT AND CLOSING CIRCLE

“TRAIN AND CONNECT”

TERMS & CONDITIONS

PLAYERS

THIS RETREAT IS LIMITED TO 8 PLAYERS TO ENSURE MAXIMUM PERSONAL ATTENTION. SPACES ARE CONFIRMED ON A FIRST-COME, FIRST-SERVED BASIS ONCE THE PAYMENT HAS BEEN RECEIVED.

DEPOSIT/PAYMENT

A NON-REFUNDABLE DEPOSIT OF 1,400SGD IS REQUIRED WHEN SECURING YOUR SPOT.

ACCOUNT NUMBER: 0039506783 (BASEPLAY INTERNATIONAL PL)

BANK: DBS

WHAT'S INCLUDED

- 12 HOURS OF PROFESSIONAL TENNIS TRAINING WITH TWO INTERNATIONAL COACHES
- COURT HIRE FEES AT TRIPLE ACE CLUB (INDOOR)
- PERSONALISED VIDEO ANALYSIS (DAY 4 RECORDINGS WITH COACH FEEDBACK)
- DAILY STRETCH ROUTINES AND ONE YOGA SESSION
- ONE ICE BATH AND SAUNA SESSION
- 2 GROUP DINNERS OUT

OPTIONAL/EXTRA

- 1 PRIVATE LESSON (SUBJECT TO AVAILABILITY OF COACH AND COURT)

WHAT'S NOT INCLUDED

- FLIGHTS TO/FROM CHIANG MAI
- HOTEL AND GROUND TRANSPORTATION
- TRAVEL INSURANCE
- PERSONAL MEALS AND EXPENSES OUTSIDE THE PROGRAM

CANCELLATIONS

DEPOSITS ARE NON-REFUNDABLE. IF YOU ARE UNABLE TO ATTEND, YOU MAY TRANSFER YOUR BOOKING TO ANOTHER GUEST WITH PRIOR APPROVAL FROM IMS TENNIS AND BASEPLAY INTERNATIONAL.

INSURANCE & LIABILITY

GUESTS MUST ARRANGE THEIR OWN TRAVEL AND MEDICAL INSURANCE. IMS TENNIS AND BASEPLAY INTERNATIONAL ACCEPTS NO LIABILITY FOR CANCELLATIONS, DELAYS, ILLNESS, INJURY, OR LOSS/DAMAGE TO PERSONAL PROPERTY DURING THE RETREAT.