

# 2ND CHIANG MAI TENNIS RETREAT

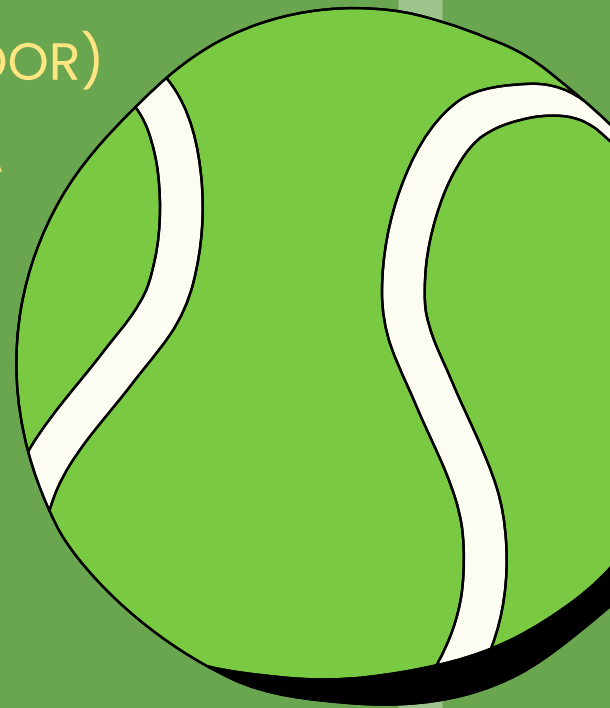
21ST - 24<sup>TH</sup> JANUARY 2026

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.