



CANCHA CENTRAL
TENNIS

LUXURY TENNIS VACATIONS

World-class instruction, world-class pampering:
Master your game, rediscover yourself.

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ABOUT OUR LUXURY TENNIS ESCAPES

We at Cancha Central Tennis offer luxury tennis vacation packages to unique destinations throughout the world.



UPCOMING LUXURY ESCAPE

April 29-May 4, 2024

**MUSTIQUE
ISLAND**



TENNIS ESCAPE

TENNIS PROGRAM

\$1,500 US (6 days)

Tennis only (no accommodations)

On-Court Program (4 hours/day)

8am-10am

4pm-6pm

MORNING SESSION

15 minutes Preparation

Light war-up to prepare players muscles and joints to increase flexibility and reduce the risk of injuries.

60 minutes Skill Development

A quick introduction to the games of tennis

Grip, swing, positioning and footwork development.

Forehand, backhand, volley, footwork and serves. Breakdown or develop each stroke with demonstration and video analysis. Time allocated to each player to practice and receive individual

feedback.

45-60 minutes Strategy and tactics

Strategy, tactics, shot selection and court positioning.

Optional

Video analysis & Gym work

AFTERNOON SESSION

Match play - Doubles and Singles

45 minutes coaching play

60 minutes full match

ACCOMMODATIONS



The Cotton House Options & Rates	April 29-May 4, 2024	
Cottage Room	2 persons max	\$488 US/ night
One Bedroom Garden Suite	2 persons max	\$764 US/ night
Deluxe Room (Sea view & garden suite)	2 persons max	\$856 US/ night
Duplex Suites (2 bedrooms, 2 bathrooms)	4 persons max	\$1,040 US/ night
The Residence (2 bedrooms, 2 bathrooms & full size swimming pool)	4 persons max	\$1,664 US/ night

ABOUT MUSTIQUE ISLAND

Mustique, steeped in history and surrounded by intrigue, lies in the stream of islands of St. Vincent & the Grenadines, just a hundred miles west of Barbados. The island's gentle climate and natural beauty of dramatic hilltops and pristine palm fringed beaches has attracted visitors for generations..

Mustique benefits from a stable and pleasant year-round climate with little seasonal variation. The tropical conditions are tempered by the northeast trade winds supplying a gentle breeze across the island. Being in the Caribbean means there can be downpours with the hotter wet season considered to be June to December. Typically, there is a dry season from January to mid-April.

Averages:

8 Hours - Average Daily Sun

30°C / 86°F - Average Daily Temperature

28°C / 82°F - Average Sea Temperature



ISLAND RITUALS

ISLAND RITUALS WEEKLY EVENTS

Mustique thrives on weekly social rituals, a variety of social events that bring all guests and island residents together.

Whether you are someone who loves a pre-dinner cocktail or you are looking to let your hair down and dance the night away, there is never a shortage of fun to be had on Mustique.



WEEKLY MOVIE NIGHTS

Movies are regularly shown on a big screen on The Cotton House lawn. Set the kids up with some popcorn and enjoy a drink while they watch or join them and have a family movie night.



COOK ON THE SAND

The Beach Café chefs tend spectacular firepits in front of you on Endeavour Bay beach. The speciality is slow cooked pork, wrapped in banana leaves and buried in the sand over hot coals.



BACKGAMMON

Challenge yourself against other island guests at our weekly backgammon night in the Great Room at The Cotton House.



MUSTIQUE COMPANY COCKTAIL PARTY

Island villa guests and residents are invited to the weekly cocktail party in the Great Room at The Cotton House.



BASIL'S BAR TACO & TEQUILA THURSDAYS

A chance to enjoy the spirit of Mexico at Basil's Bar with tacos, margaritas and tequila aplenty.



RUM MASTERCLASS

The Great Room Bar has an extensive collection of rums from around the world. Enjoy a tasting and an opportunity to find out more about the Caribbean's favourite drink.



BASIL'S BAR JUMP UP

Jump Up normally takes place on a Wednesday evening at the island's infamous bar in Britannia Bay. The mood is lively with cocktails flowing and live music from local Vincentian musicians and DJs.

Positioned right on the waterside, Jump Up is the perfect event to let your hair down and dance well into the evening.



BEACH CAFÉ HAPPY HOUR & A HALF

On Friday nights at the Beach Café, Happy Hour & a Half is a chance to catch up with other guests on the island and enjoy a large selection of contemporary and classic cocktails.

The Beach Café also does fresh pizzas from its wood-fired pizza oven. You can eat in or order your favourite to take away.



BASIL'S BAR SUNSET SESSIONS

Sunset Sessions on Sunday is your chance to fully immerse yourself in local live music at Basil's Bar whilst enjoying sundowners and a spectacular sunset right on the waterfront.

The restaurant is open until late, serving local and contemporary cuisine from its open kitchen and delicious flatbreads from the pizza oven.

ISLAND ACTIVITIES

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BOAT TRIPS

Day trips to neighbouring islands are available by private charter or as part of an organised trip with options to snorkel, fish and lunch on another island.

Visit the stunning marine conservation park at Tobago Cays, a pristine group of uninhabited islands where you can picnic, before swimming with the hawksbill turtles on the reef. You can also explore the neighbouring islands of Bequia, Canouan, Palm Island, Petit St. Vincent, Union Island and St. Vincent too.



DIVING & SNORKELING

Mustique is blessed with beautiful reefs, the best places to see these corals being Endeavour Bay, Britannia Bay or L'Ansecoy Bay.

With a dedicated team of professional PADI instructors and dive masters, and the latest dive equipment, we



cater for beginners through to experienced divers.

Endeavour Bay is also home to the Coral Restoration project, Mustique's long-term plan to grow new coral, transplanting it to the reefs around the island and improving the marine life.

Britannia Bay is home to our resident green sea turtles. The morning is the best time to see these beautiful creatures, swim with them and watch them feasting on their sea grass breakfast.

EQUESTRIAN CENTRE

Explore Mustique on horseback, trekking up into the hills to enjoy the many wonderful views or gallop through the surf on a deserted beach.

There are horses and ponies to suit all levels of experience.



HIKING TRAILS

The hiking trails on Mustique are wonderfully varied. Every route will help you discover the extraordinary bio-diversity of the island. Early morning hikes are the perfect time to meet the island's more reticent wildlife too.

PICNICS & BARBECUES

Beach picnics are a huge part of life on Mustique. There are a number of dedicated areas nestled near the beaches or the tropical shoreline around the island where hotel or villa teams can prepare and set up



a daytime or evening picnic for you.

SWIMMING & BEACHCOMBING

There are many beaches to choose from on Mustique; Macarani beach and Pasture Bay, on the Atlantic side of the island, offer excellent surfing and body boarding conditions (beware of the currents). Lagoon and Gellicieux beaches on the south westerly aspect of the island have calmer waters more suited to swimming, snorkeling and paddle boarding and are perfect for picnicking. For family swimming Britannia Bay and Endeavour Bay on the Caribbean side are the best beaches.

GYM

Use of the hotel gym, equipped with a multi-gym, treadmills, stationary bikes, a stair stepper and free weights is complimentary to all hotel guests. Personal training is also available.

SPA & WELLNESS

The Cotton House Spa has four treatment rooms and a relaxation room. Treatments can also be enjoyed in the privacy



of your own room or villa by arrangement.

YOGA



Sunrise yoga is a must on Mustique. You can either join a group yoga class at our yoga pavilion at the end of Lagoon beach or enjoy a personal yoga session with one of our instructors in the privacy of your own villa.

TRAVEL TO MUSTIQUE

The Mustique Company has its own airline, Air Adelphi, with a fleet of 18-seater Twin Otter aircraft offering regular scheduled charters to Mustique from St. Lucia, Barbados, and Martinique to connect with international flights from London, New York, Miami, Toronto and Paris.

Just 25 minutes from St. Lucia and 50 minutes from Barbados and Martinique, the high-wing, twin-engine, turbo-prop aircraft provides guests with stunning views of the Grenadine archipelago.

Arrival in St. Lucia, Barbados or Martinique

When you arrive in one of our international hubs, you will be welcomed by our Meet and Greet representative in the Arrivals Hall holding a sign with your name on it. They will fast-track you through all the formalities and accompany you to the Mustique lounge where you can help yourself to refreshments while waiting for your short hopper to Mustique.

Every effort is made to schedule hopper flights as close to international arrival times as possible. Our goal is to get you to Mustique as quickly as possible, but please be aware that you may have a short wait while we prepare the aircraft, and these times can vary, particularly in peak season.



**FOR FURTHER
INFORMATION
OR BOOKINGS**



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