



Bali 2025

Northcote
Tennis
Retreat.

JOIN US FOR AN UNFORGETTABLE WEEK DESIGNED FOR TENNIS LOVERS
AUGUST 24 - 30, 2025



NORTHCOTE
TENNIS



A RETREAT LIKE NO OTHER!

- **TENNIS • YOGA • RELAXATION • SPA**
- **CUISINE • FUN • ADVENTURE •**

Northcote Tennis is pleased to offer our
Bali Tennis Retreat for 2025!

A tennis and wellness holiday where you will have time to re-boot,
refine and practice your tennis skills along with a side of Yoga,
fitness, swims and plenty of chill time.

All this in a premium tennis facility and luxury resort with a yoga
health hub and spa in Balinese paradise!

Treat yourself!

LIGA TENNIS — SANUR

We are thrilled to be again partnering with Liga Tennis in Sanur.

This is where we can train like a pro with their expert coaches!

Offering state-of-the-art facilities with indoor and outdoor tennis courts, pool, sauna, boutique gym, padel courts and more.

This place will impress!

See more at <https://liga.tennis/ltca>

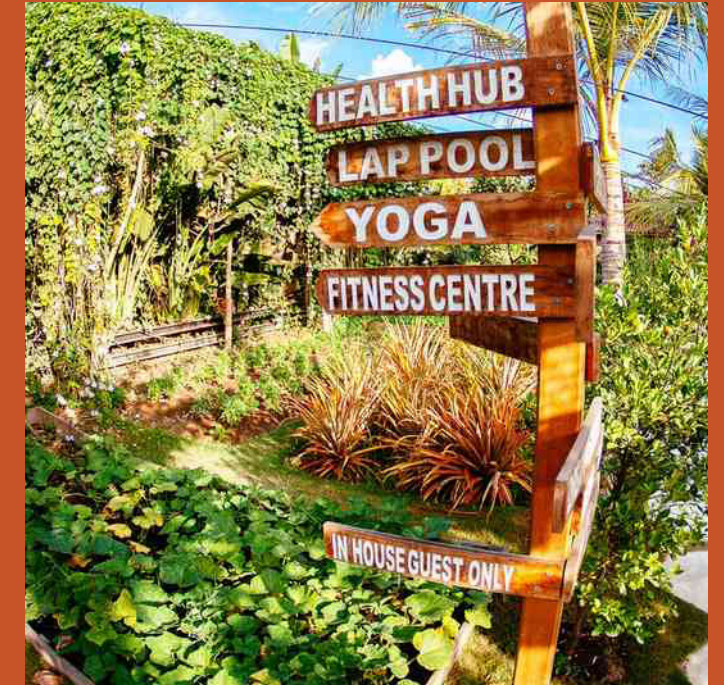


HOTEL KOMUNE — KERAMAS

Set on the lush and unspoilt East Coast of Bali, Hotel Komune Resort and Beach Club is blessed with a hypnotising view of the world famous Keramas surf break.

Providing premium facilities and amazing daily yoga and fitness class schedule for guests to maintain a healthy and active lifestyle while on holiday, this resort is a premier destination for health and wellness. Along with a 25 metre lap pool, restaurants, bars and a day spa...you'll come home feeling fabulous!

See more at <https://www.komuneresorts.com/>



WHAT'S ON OFFER?

This retreat offers the ultimate mix of tennis, relaxation, wellness and fun!

Choose to be more or less active as you please!

Tennis is our main focus and you will be rewarded by developing throughout the week and coming away with improved skills and more confidence on the court. We can help tailor a program to focus on specific key areas of your game.

Serve need help? Volleys a bit off? Can't get topspin?

This is the time to change that!

Daily tennis, skills, drills and matchplay
....with plenty of laughs guaranteed.

TENNIS PERFECTION!

SCHEDULE

Sunday August 24 — Check in and Welcome Dinner

Monday August 25 - Friday August 29 — Daily Tennis & Retreat Activities

Friday August 29 — Farewell Dinner

Saturday August 30 — Check out

*Detailed itinerary provided to guests on retreat.

RETREAT INCLUSIONS

- 6 nights accommodation in luxury resort Hotel Komune.
 - Welcome Dinner and cocktail.
- Daily Tennis Lessons, drills and match play at Liga Tennis Sanur — Avg 2hrs+ p/day
 - Daily return shuttle from resort to tennis centre.
 - Daily breakfast at a choice of two resort restaurants.
- Access to Hotel Komune Health Hub, Pool, Spa and Gym.
 - 1 x one hour massage.
 - 3 x Yoga classes (focus on stretching & flexibility)
 - 2 x Fitness classes (focus on tennis fitness, agility & strength)
- 1 x Padel Tennis game at Sanur Padel Club with expert Jason!
 - Post Padel Tennis game group dinner in Sanur.
 - Exclusive Bali Tennis Retreat 2025 T'shirt.
- 1 x 30 minute private tennis lesson with Jason pre-retreat to establish your goals for the retreat.
 - Goodie bag with lots of tennis treats!
 - Farewell Dinner and cocktail.

EXAMPLE DAY ON RETREAT

6:30am — Morning swim or Sunrise Yoga

7:30am — Breakfast

8am — Depart for Liga Tennis in Sanur

12pm — return from Liga Tennis

1pm — Lunch

2pm — Rest and relax (swim, massage, excursion)

4pm — Tennis skills on the lawn, or Yoga/Stretching/Fitness session

6pm — Drinks poolside

7pm — Dinner

*Daily Lunches/Dinners are independent or as a group as you choose at resort restaurants or elsewhere in nearby villages/beaches.

*Individual Participation in Yoga and Fitness sessions are optional.

NOT INCLUDED

- Airfares
- Airport Transfers
- Travel Insurance
- Lunches and Dinners

(*Sanur Group Dinner & Resort Welcome & Farewell Dinners included)

- Beverages
- (*Resort Welcome & Farewell Cocktail/Mocktail included)

OPTIONAL EXTRAS

- Liga Tennis — Technique Video Analysis
- Extra Massage, Spa treatments
- Surfing Lesson / Stand Up Padel Boarding Lesson
- Cycling / Hiking / Diving / Snorkeling
- Balinese Cooking class

...and more c/o the Hotel Komune Tour Desk!

ACCOMMODATION OPTION 1

RESORT ROOM

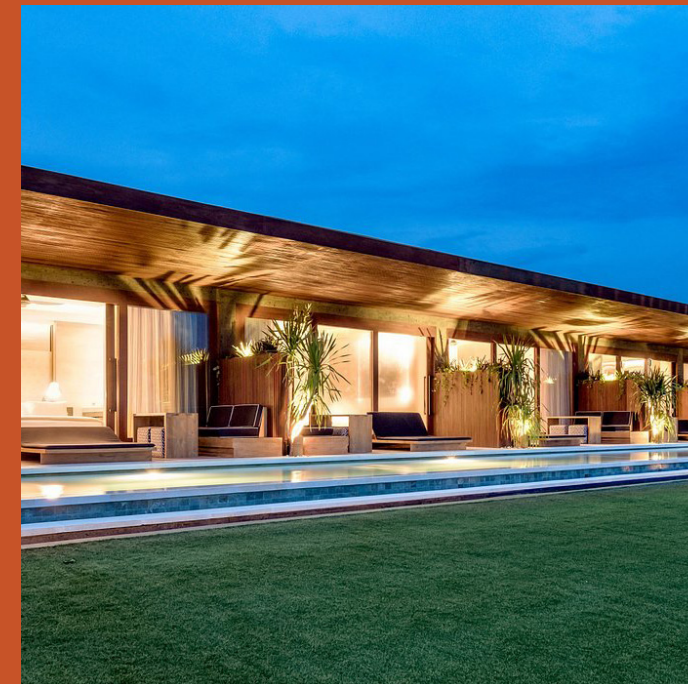
- Queen or Twin share
- 1 Bathroom / Shower
- Garden View



ACCOMMODATION OPTION 2

BEACHFRONT POOL SUITES

- King or Twin share
- 1 Bathroom / Shower + Luxury bath
- Beach View
- Horizon edge dip pool



HOW MUCH?

COST **PER PERSON** FOR ACCOMMODATION
AND ALL RETREAT INCLUSIONS

ACCOMMODATION OPTION 1

GARDEN RESORT ROOM

- Single Room (1 person)
Queen Bed
\$3750 per person
- Shared Room (2 people)
Queen or Twin Share
\$2990 per person

ACCOMMODATION OPTION 2

BEACHFRONT POOL SUITES

- Single Room (1 person)
King Bed
\$5350 per person
- Shared Room (2 people)
King or Twin Share
\$3850 per person

JOIN US!

*Limited
spaces!*

TO BOOK
online or email info@northcotetennis.com.au

EARLY BIRD SPECIAL!!

Book and pay in FULL by
March 31st 2025 and receive these extras!

- 1 x extra 30 minute private tennis lesson with Head Coach Jason!
- 5 x 1 hour Adult Group Lessons at Northcote Tennis
- 1 x extra 1 hr massage at Hotel Komune Spa

*Open to Melbourne based participants only.
*Refundable minus the \$1000 deposit up until May 25.

*\$\$\$ Added
bonus value!*

*Secure
your place
now!*

PAYMENT 1 — \$1000 DEPOSIT

Guarantee your spot ASAP!

(Deposit non-refundable & non-transferable. [See T&C's](#))

PAYMENT 2 — BALANCE

Due May 25th 2025

Full payment is required 90 days prior to the start date of the retreat.
([See T&C's for cancellation policy](#))

GUEST REVIEWS!

“Northcote Tennis provided the most unique and fantastic tennis coaching opportunity I have ever been involved in. World class tennis facility coupled with beautiful and serene accommodation. I will be going on this trip every year!!” — **Fleur**



“A fantastic week of tennis, relaxation, gorgeous surrounds, great people and delicious food! Perfectly organised with a solid amount of tennis practice, whilst actually having a relaxing holiday. So much fun, on and off the court. I will be going again!” — **Gus**



“We had a fantastic time in a real paradise! I never thought exercising daily on a vacation could be so enjoyable! It was organised so well and everything ran smoothly. Highly Recommend!” — **Rada**



“This tennis retreat is a game changer! Top-Notch coaches and company. I left with a renewed passion for tennis and holidaying!” — **Jeremy**

“Loved the retreat! Great location, people and facilities. Was suitable and fun for all ages and abilities. I had last had lessons when I was a kid so it was a great way to re-engage with a sport I love. I can highly recommend it for all tennis nuts!”
— **Liberty**



“This was the ULTIMATE retreat for tennis lovers! The perfect combination and balance of tennis, fitness, yoga, relaxation and socialising in a stunning resort! It was more than I had hoped for and exactly what I needed. I cannot wait for the next one! Sign me up!” — **Michelle**



“No idea how you’d improve this experience. Seriously the best holiday I’ve been on in ages with ZERO mental load, which speaks to the incredible work from our hosts in organising absolutely EVERYTHING so we didn’t have to think about anything other than what smoothie we wanted with brekkie!

If you want a getaway that is perfect for tennis lovers, has the right balance of activity and rest, group and solo, with the best food and “feeling like a pro” tennis centre, this trip is for you! Can’t wait to go on another retreat with Northcote Tennis.

Amazing!” — **Lindsey**



**NORTHCOTE
TENNIS**