

# MUSTIQUE TENNIS CLUB

## 2024 ISLAND ACADEMY

Weekly adult camps available  
in April, May & June 2024

MUSTIQUE





APRIL TO JUNE 2024

**THE MUSTIQUE TENNIS CLUB IS DELIGHTED TO ANNOUNCE THE 2024 ISLAND ACADEMY.**

Ideal for tennis enthusiasts of all levels who are looking to improve their skills. Whether you are a beginner or an experienced player, you can expect a high level of coaching from our experienced professionals who will be assessing your technique and provide personalised instruction to improve your game. You can expect to experience both exciting tennis activities and plenty of match play to hone your newfound skills.

Whether you opt to stay in a private villa or one of the Cotton House suites, there will be plenty of opportunity to combine world class tennis coaching with many of the island's most popular activities including scuba diving, sailing, yoga and massage therapy along with local and international cuisine at Basil's Bar, the Beach Café, the Veranda and of course at the legendary beach barbecues and picnics.

A handwritten signature in black ink, appearing to read 'Richard Schaffer'.

**Richard Schaffer**  
**DIRECTOR OF MUSTIQUE TENNIS CLUB**





## THE PROGRAMME

- Stroke coaching & development
- Technical video analysis & improvement
- Match play development & tactics
- Fun tennis training activities & exercises

### COACHES



Richard Schaffer  
Director of Mustique  
Tennis Club



Kirk Da Silva Jr  
Academy Director &  
Head Professional



Trevor Sam  
Tennis Pro



Yanic Grant  
Tennis Pro



Shane Latchman  
Tennis Pro

## BOOKING INFORMATION

### DATES

- 29th April – 4th May 2024
- 6th May – 11th May 2024
- 27th May – 1st June 2024
- 3rd June – 8th June 2024

### WEEKLY ACADEMY RATES

5 hours of tennis daily  
**USD 1,500 per week**

### THE COTTON HOUSE OPTIONS & RATES

Cottage Room	2 persons max	USD 488 per night
One Bedroom Garden Suite	2 persons max	USD 764 per night
Deluxe Room (sea view & garden suite)	2 persons max	USD 856 per night
Duplex Suites (2 bedrooms, 2 bathrooms)	4 persons max	USD 1,040 per night
The Residence (2 bedrooms, 2 bathrooms & full size swimming pool)	4 persons max	USD 1,664 per night

To book your accommodation email the Villa Reservations team: [kevin@mustique.vc](mailto:kevin@mustique.vc)

Mention you are joining the 2024 Island Academy to qualify for special rates.

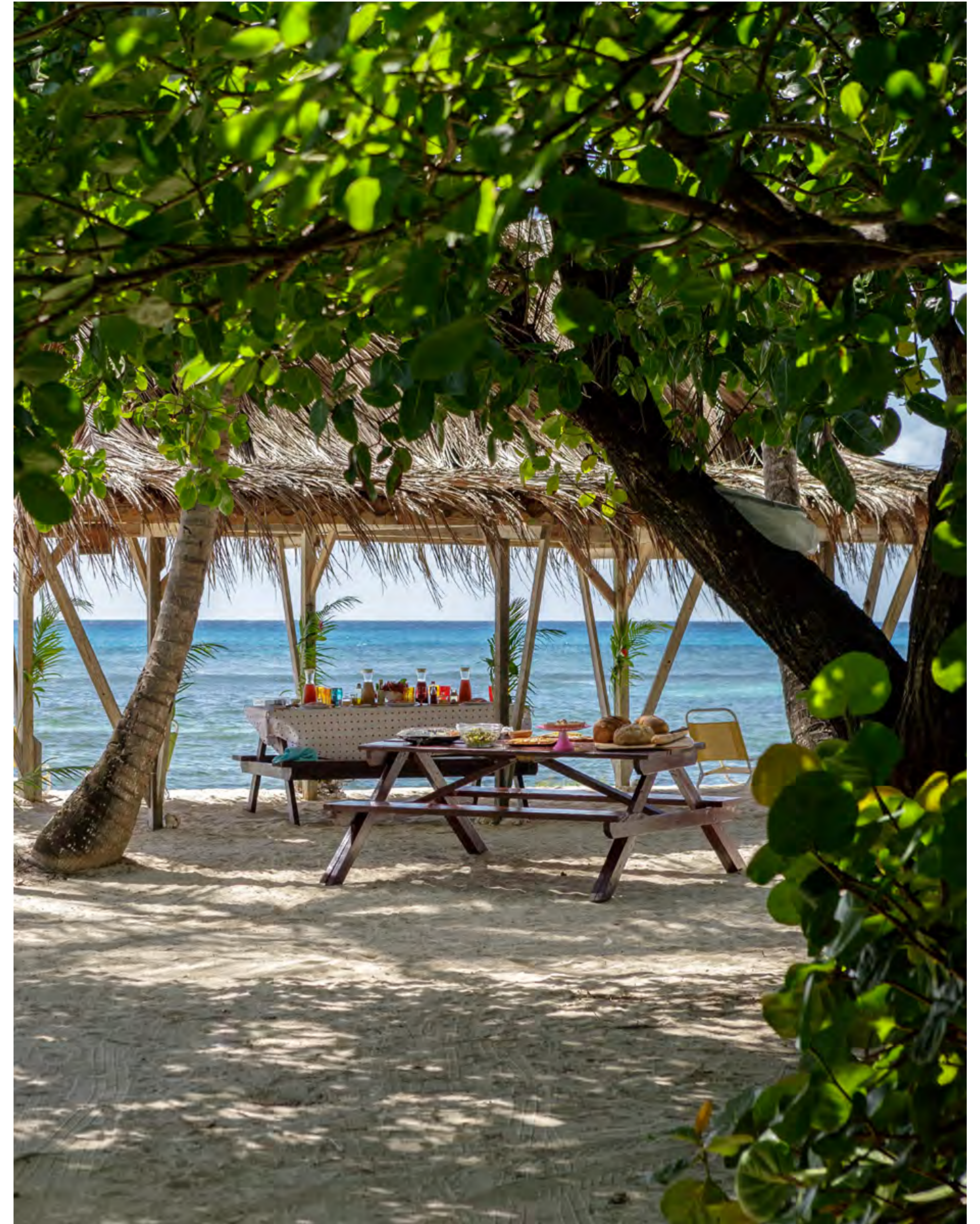
### BOOK NOW!

To book your place onto the Resort Tennis Academy email the tennis club:  
[mustiquetennis@gmail.com](mailto:mustiquetennis@gmail.com)





# THE ISLAND





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 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.



### BASIL'S BAR TACO & TEQUILA THURSDAYS

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



### 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.



### 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 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.





WHAT TO DO

## ACTIVITIES

### 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; Macaroni beach and Pasture Bay, on the Atlantic side of the island, offer excellent surfing and body boarding conditions (beware of the currents). Lagoon and Gelligenceaux 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

## GETTING TO MUSTIQUE

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There are frequent direct international flights from Europe, UK, US, Canada and South America to St Lucia and Barbados.

The island has its own fleet of 18-seater Twin Otter aircraft. From St Lucia international airport it's a short but spectacular 25-minute flight to Mustique.

From Barbados it is a slightly longer but equally spectacular 50-minute flight across the Grenadines.







Mustique Tennis Club

Book now at: [mustiquetennis@gmail.com](mailto:mustiquetennis@gmail.com)