

Nana Golden Beach

Tennis Holidays



Day	Morning	Afternoon	Evening
Saturday 16 October - Arrival Day (Arrive Anytime)	Arrival: Fly into Heraklion International Airport (HER). Nana Golden Beach is approximately 25 km from the airport.	Check-in: Arrive at Nana Golden Beach and settle into your room (check-in is available from 15:00). If you have booked an Active Away transfer, you will be met at the airport by either the host or our transfer partner. If not, please let your host know your expected arrival time so they can welcome you at the resort.	Welcome: Our hosts will be at the airport, so they will do their best to say hello when you arrive. Dinner: Your host will confirm a relaxed dinner time at the Artemis Restaurant for guests who have already arrived. Late arrivals: If you arrive after dinner service, La Pergola is open throughout the night and offers salads and a meal for late arrivals. You do not need to eat at the airport before travelling to the resort.
Sunday 17 October	08:00-09:25 - Breakfast - Join the group at the Artemis Restaurant 09:30-09:55 - Welcome Meeting - At the Tennis Centre 10:00-12:00 - Tennis Coaching - Rally Rhythm: The Green Zone 12:00-12:15 - Cool Down & Stretch - Gentle Stretching	13:00 - Lunch - Join the group at the Artemis Restaurant 15:30-16:00 - Tennis Masterclass - Warming Up to Win 16:00-18:00 - Tennis Doubles Social - Find Your Rhythm (Get tips from your coaches)	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Artemis Restaurant
Monday 18 October	08:00-09:30 - Breakfast - Join the group at the Artemis Restaurant 10:00-12:00 - Tennis Coaching - Spanish Drills (Train like the pros) 12:00-12:15 - Cool Down & Stretch - Gentle Stretching	13:00 - Lunch - Join the group at the Artemis Restaurant 15:30-16:00 - Tennis Masterclass - Mental Match-play Mastery (Focus, resilience & routines) 16:00-17:00 - Tennis Doubles Social - Serve & Return 17:00-18:00 - Tennis Doubles Social - Mind Over Match (Point play & coaching)	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Azzurro Restaurant

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Tuesday 19 October	08:00-09:00 - Breakfast - Join the group at the Artemis Restaurant 09:30-10:00 - Tennis Masterclass - The Art of the Approach 10:00-12:00 - Tennis Coaching - Transition Triumph (Approach shots & net movement) 12:00-12:15 - Cool Down & Stretch - Gentle Stretching	13:00 - Lunch - Join the group at the Artemis Restaurant 16:00-18:00 - Tennis Matchplay - Active Away Continental Cup (Europe vs Rest of the World)	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Nami Restaurant
Wednesday 20 October	Day Off - Optional Day Trip! Please visit the Active Away Day Off Guides for more information.	Free time: Enjoy the resort's pools, beach, wellness facilities or independent activities.	Evening: Enjoy the resort and its All-Inclusive dining at your leisure.
Thursday 21 October	08:00-09:30 - Breakfast - Join the group at the Artemis Restaurant 10:00-12:00 - Tennis Coaching - Doubles Disruption (Unpredictable patterns & creativity) 12:00-12:15 - Cool Down & Stretch - Gentle Stretching	13:00 - Lunch - Join the group at the Artemis Restaurant 15:30-16:00 - Tennis Masterclass - Psychology of Doubles (Disrupt, distract, dominate) 16:00-18:00 - Tennis Doubles Social - Disrupt & Dominate	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Artemis Restaurant
Friday 22 October	08:00-08:45 - Breakfast - Join the group at the Artemis Restaurant 09:00-10:30 - Tennis Coaching - Bullseye Battle 10:30-11:00 - Bubbles & Snacks 11:00-13:00 - Tennis Matchplay - Active Away Tour Finals: Legends Classic	13:00 - Lunch - Join the group at the Artemis Restaurant 17:00-18:00 - Tennis Exhibition - Coaches Exhibition Match 18:00-19:00 - Presentation	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Zorbas Restaurant

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Day	Morning	Afternoon	Evening
Saturday 23 October - Departure Day (Depart anytime)	Breakfast and check-out: Enjoy breakfast before checking out of Nana Golden Beach by 11:00. Late check-out availability is normally confirmed by reception shortly before departure.	Departure: Please allow enough time for your journey to Heraklion International Airport. Your host will share any relevant departure information before travel.	Journey home: Depart Crete with new memories, new friends and plenty of tennis played.