

# Nana Golden Beach

Padel Holidays



| Day                                                   | Morning                                                                                                                                                                                                                                                                        | Afternoon                                                                                                                                                                                                       | Evening                                                                                                                                                                                                     |
|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Saturday 22 May - Arrival Day (Arrive anytime)</b> | <b>Arrival:</b> Welcome to Crete. Arrive at Nana Golden Beach at the time that suits your travel arrangements. Flights and transfers are not included, although an airport transfer can be added through Active Away at an extra cost.                                         | <b>Check-in:</b> Settle into your room and explore the resort. Your host will share practical arrival information and details of the first group meeting.                                                       | <b>Late arrivals:</b> If you arrive after the main dinner service, La Pergola is open through the night and offers salads and a meal. You do not need to eat at the airport before travelling to the hotel. |
| <b>Sunday 23 May</b>                                  | <b>08:00-09:30</b> - Breakfast - Join the group at the Artemis Restaurant<br><b>09:30-10:00</b> - Welcome Meeting - Meet your Active Away hosts, coaches and fellow players<br><b>10:00-12:00</b> - Padel Coaching - The Art of the Approach (Lob, chiquita and passing shots) | <b>13:00</b> - Lunch - Join the group at the Artemis Restaurant<br><b>16:30-17:00</b> - Padel Masterclass - The Art of the Approach<br><b>17:00-19:00</b> - Padel Match Play - Fiesta del Padel                 | <b>20:00</b> - Meet in the Sports Bar<br><b>20:30</b> - Dinner - Join the group at the Artemis Restaurant                                                                                                   |
| <b>Monday 24 May</b>                                  | <b>08:00-09:30</b> - Breakfast - Join the group at the Artemis Restaurant<br><b>10:00-12:00</b> - Padel Coaching - The Master Glass (Side, back and double glass)                                                                                                              | <b>13:00</b> - Lunch - Join the group at the Artemis Restaurant<br><b>16:30-17:00</b> - Padel Masterclass - Building Successful Partnerships<br><b>17:00-19:00</b> - Padel Match Play - Net Ninjas vs Lob Lords | <b>20:00</b> - Meet in the Sports Bar<br><b>20:30</b> - Dinner - Join the group at the Azzurro Restaurant                                                                                                   |
| <b>Tuesday 25 May</b>                                 | <b>08:00-09:00</b> - Breakfast - Join the group at the Artemis Restaurant<br><b>09:30-10:00</b> - Padel Masterclass - Technical Tune-Up<br><b>10:00-12:00</b> - Padel Coaching - The Aggressor's Advantage (Smash, bandeja and volleys)                                        | <b>13:00</b> - Lunch - Join the group at the Artemis Restaurant<br><b>17:00-19:00</b> - Padel Match Play - Mexicano Missions                                                                                    | <b>20:00</b> - Meet in the Sports Bar<br><b>20:30</b> - Dinner - Join the group at the Nami Restaurant                                                                                                      |

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|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wednesday 26 May</b>                                 | <b>Day at leisure:</b> Today is free from organised padel. Relax at the resort or explore independently. Stalis is around 1 km away, Hersonissos approximately 1.5 km away and Malia about 5 km away. | <b>Free time:</b> Enjoy the sandy coves, pools and available resort facilities. Breakfast and lunch are available at the Artemis Restaurant.                                                | <b>Evening:</b> Dinner is at leisure. Any a la carte reservation remains subject to availability and the resort's current allowance and booking procedures. |
| <b>Thursday 27 May</b>                                  | <b>08:00-09:30</b> - Breakfast - Join the group at the Artemis Restaurant<br><b>10:00-12:00</b> - Padel Coaching - Starting Strong: The First 3 Shots (Serve, return and third-shot decisions)        | <b>13:00</b> - Lunch - Join the group at the Artemis Restaurant<br><b>16:30-17:00</b> - Padel Masterclass - Talking Tactics<br><b>17:00-19:00</b> - Padel Match Play - Playing with Purpose | <b>20:00</b> - Meet in the Sports Bar<br><b>20:30</b> - Dinner - Join the group at the Artemis Restaurant                                                   |
| <b>Friday 28 May</b>                                    | <b>08:00-08:45</b> - Breakfast - Join the group at the Artemis Restaurant<br><b>09:00-13:00</b> - Padel Tournament - The Active Away Cup                                                              | <b>13:00</b> - Lunch - Join the group at the Artemis Restaurant<br><b>17:00-18:00</b> - Padel Exhibition - Coaches' Exhibition Match<br><b>18:00-18:30</b> - End-of-Week Presentation       | <b>20:00</b> - Meet in the Sports Bar<br><b>20:30</b> - Dinner - Join the group at the Zorbas Restaurant                                                    |
| <b>Saturday 29 May - Departure Day (Depart anytime)</b> | <b>Breakfast and check-out:</b> Enjoy breakfast before checking out of Nana Golden Beach by 11:00. Late check-out availability is normally confirmed by reception shortly before departure.           | <b>Departure:</b> Please allow enough time for your journey to Heraklion International Airport. Your host will share any relevant departure information before travel.                      | <b>Journey home:</b> Depart Crete with new memories, new friends and plenty of new ideas to take back to your home court.                                   |