

Nana Golden Beach

Padel Holidays



Day	Morning	Afternoon	Evening
Saturday 16 October - Arrival Day (Arrive anytime)	Arrival: 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.	Check-in: Settle into your room and explore the resort. Your host will share practical arrival information and details of the first group meeting.	Late arrivals: 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.
Sunday 17 October	08:00-09:30 - Breakfast - Join the group at the Artemis Restaurant 09:30-10:00 - Welcome Meeting - Meet your Active Away hosts, coaches and fellow players 10:00-12:00 - Padel Coaching - The Art of the Approach (Lob, chiquita and passing shots)	13:00 - Lunch - Join the group at the Artemis Restaurant 16:30-17:00 - Padel Masterclass - The Art of the Approach 17:00-19:00 - Padel Match Play - Fiesta del Padel	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 - Padel Coaching - The Master Glass (Side, back and double glass)	13:00 - Lunch - Join the group at the Artemis Restaurant 16:30-17:00 - Padel Masterclass - Building Successful Partnerships 17:00-19:00 - Padel Match Play - Net Ninjas vs Lob Lords	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Azzurro Restaurant
Tuesday 19 October	08:00-09:00 - Breakfast - Join the group at the Artemis Restaurant 09:30-10:00 - Padel Masterclass - Technical Tune-Up 10:00-12:00 - Padel Coaching - The Aggressor's Advantage (Smash, bandeja and volleys)	13:00 - Lunch - Join the group at the Artemis Restaurant 17:00-19:00 - Padel Match Play - Mexicano Missions	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Nami Restaurant

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Day	Morning	Afternoon	Evening
Wednesday 20 October	Day at leisure: 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.	Free time: Enjoy the sandy coves, pools and available resort facilities. Breakfast and lunch are available at the Artemis Restaurant.	Evening: Dinner is at leisure. Any a la carte reservation remains subject to availability and the resort's current allowance and booking procedures.
Thursday 21 October	08:00-09:30 - Breakfast - Join the group at the Artemis Restaurant 10:00-12:00 - Padel Coaching - Starting Strong: The First 3 Shots (Serve, return and third-shot decisions)	13:00 - Lunch - Join the group at the Artemis Restaurant 16:30-17:00 - Padel Masterclass - Talking Tactics 17:00-19:00 - Padel Match Play - Playing with Purpose	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 09:00-13:00 - Padel Tournament - The Active Away Cup	13:00 - Lunch - Join the group at the Artemis Restaurant 17:00-18:00 - Padel Exhibition - Coaches' Exhibition Match 18:00-18:30 - End-of-Week Presentation	20:00 - Meet in the Sports Bar 20:30 - Dinner - Join the group at the Zorbas Restaurant
Saturday 23 October - Departure Day (Depart any-time)	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 new ideas to take back to your home court.