Nana Golden Beach

Tennis Holidays

Day	Morning	Afternoon	Evening
Saturday 10 April - 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 11 April	**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 **16:30-17:00 -** Tennis Masterclass - Warming Up to Win **17:00-19:00 -** 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 12 April	**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 **16:30-17:00 -** Tennis Masterclass - Mental Matchplay Mastery (Focus, resilience & routines) **17:00-18:00 -** Tennis Doubles Social - Serve & Return **18:00-19:00 -** 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

Nana Golden Beach

Tennis Holidays

activeaway®

Day	Morning	Afternoon	Evening
Tuesday 13 April	**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 **17:00-19:00 -** 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 14 April	**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 15 April	**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 **16:30-17:00 -** Tennis Masterclass - Psychology of Doubles (Disrupt, distract, dominate) **17:00-19:00 -** Tennis Doubles Social - Disrupt & Dominate	**20:00 -** Meet in the Sports Bar **20:30 -** Dinner - Join the group at the Artemis Restaurant