

Nana Golden Beach

Padel Holidays

activeaway®

Day	Morning	Afternoon	Evening
Sunday 2 May	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 3 May	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 4 May	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
Wednesday 5 May	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.

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Thursday 6 May	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 7 May	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 8 May - 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 new ideas to take back to your home court.