

Day	Morning	Afternoon	Evening
Thursday	Arrival: Fly into Valencia Airport (VLC), approximately 50 minutes from the resort, or Alicante Airport (ALC), approximately 90 minutes away. We recommend choosing a flight that lands before 13:00 so you have time to reach the hotel before the welcome meeting.	16:00 - Check-in - Check in at Oliva Nova Beach & Golf Resort. If you have booked an Active Away transfer, you will be met at the airport by your host or transfer partner and collected according to your confirmed arrangements. If you are making your own way to the hotel, please let your host know your expected arrival time. 16:30-17:00 - Welcome Meeting - Meet your hosts, coaches and fellow players at the padel courts before the first session. 17:00-18:30 - Padel Coaching - Art of the Approach - Build confidence moving forward, choosing the right approach and taking control of the net.	20:00 - Dinner - Italian Restaurant - Join the group for an organised dinner at the resort. Dinner and drinks are not included and are paid locally.
Friday	08:00-09:00 - Breakfast - Pergola Restaurant - Breakfast is included. Please allow enough time to be ready at the padel courts for the morning session. 10:00-12:00 - Padel Coaching - Masterglass - Develop your use of the back, side and double glass and learn how to turn difficult defensive positions into attacking opportunities.	13:00 - Lunch - Golf Club Terrace - Join the group for an organised lunch overlooking the golf course. Lunch and drinks are not included and are paid locally. 16:00-18:00 - Padel Matchplay - Net Ninjas vs Lob Lords - Put the morning's learning into practice through structured, competitive match play.	20:00 - Dinner - Sargantana - Join the group for an organised dinner at a local restaurant. Dinner, drinks and any transport are not included and are paid locally.

Day	Morning	Afternoon	Evening
Saturday	08:00-09:00 - Breakfast - Pergola Restaurant - Breakfast is included. Please allow enough time to be ready at the padel courts for the morning session. 10:00-12:00 - Padel Coaching - The Aggressor's Advantage - Work on the bandeja, smash, defensive volleys and attacking volleys so you can recognise opportunities and take control of the point.	13:00 - Lunch - Golf Club Terrace - Join the group for an organised lunch before some time to relax. Lunch and drinks are not included and are paid locally. 16:00-18:00 - Padel Matchplay - Mexicano Mis-sions - Use the morning's techniques in a fast-paced, coach-led format with rotating partners and conditioned points.	20:00 - Dinner - Wine and Tapas Bar - Join the group for an organised evening of Spanish tapas and local wine. Dinner, drinks and any transport are not included and are paid locally.
Sunday	07:30-08:45 - Breakfast - Pergola Restaurant - Breakfast is included. Please allow enough time to be ready at the padel courts by 09:00. 09:00-10:30 - Active Away Cup - Finish the holiday with a friendly tournament and put the break's learning into competitive play. 10:30-10:45 - Presentation - Celebrate the holiday and the Active Away Cup with your coaches and fellow players.	12:00 - Check-out and departure - Check out of the hotel. We recommend choosing a departing flight after 15:00. If you have booked an Active Away transfer, your host will confirm your collection arrangements. If you are making your own way to the airport, please tell your host your departure plans.	Departure: Valencia Airport is approximately 50 minutes from the resort and Alicante Airport is approximately 90 minutes away. Please allow enough time for your journey and the airline's recommended airport check-in procedures.