



## WELCOME

Hello and welcome to Aqua Vista - powered by Playitas! We are delighted to have you and hope you have an amazing experience here. We are proud to be a sports hotel, offering a wide range of sporting activities to suit all levels, as well as plenty of opportunities to relax and recover for those of you who want to take it easy!

From fitness classes to triathlon training and padel, we have it all here. Alongside our top-class amenities, we offer stunning views of both sea and land, being situated between the crystal-clear waters of the Red Sea coast, and the breath-taking dunes of the Egyptian desert. With plenty to do both in the hotel and in the local area, you're sure to have an amazing holiday experience here at Aqua Vista.

Within this welcome pack you will find all the information you need regarding all the activities and services we offer, but don't worry, if you have any questions our Apollo/Playitas sports team will be happy to help!

Have fun!

## SPORTSPROGRAM

Here at Aqua Vista we offer a wide selection of activities, sure to suit everyone, from professional athletes to those looking to enjoy some training and try some new sports.

Each week we have an updated sports program, including all the fitness activities we will offer each day. To access this, you can scan our QR code, which is posted on our sports notice boards, located at the Las Playitas restaurant and next to the Pink Platform.

### **FITNESS CLASSES**

In order to participate in these activities please note you may have to book in advance. Our schedule is colour coded, indicating if pre-booking is required or not. Colour codes:

- Black – All activities in black do not require pre-booking. Simply arrive at the designated location on time!
- Blue – This indicates that the activity will be with one of our many guest instructors we will be hosting. No pre-booking required.
- Red – All events in red print must be pre-booked and can only be booked up to 1 day in advance.

### **WHERE TO FIND YOUR CLASS**

With beautiful scenery and great weather here at Aqua Vista, we host our fitness classes and activities outdoors, with several training areas around the hotel. To find your class location it will be indicated on the sports program boards.

Our CrossFit and functional classes will generally be at our WOD box, located next to the Olympic pool. This will be indicated as follows: @WOD Box

Many of our classes such as HIIT and Stretch classes will be held at our Pink Platform, located next to the building marked A1. This will be indicated as follows: @Pink Platform

Our spin classes take place inside the fitness center, in a room located on the righthand side, towards the back of the fitness centre. Feel free to ask any of our gym staff for further directions if you need!  
It will be indicated as follows: @ fitness center.

## FITNESS CENTER

We are happy to be able to offer you a top-class fitness center. With large open areas machines from Techno Gym, lifting equipment from Eleiko and top-class cardio machines.

In our fitness center you will meet our local trainer Mahmoud. This is the second season Mahmoud is working together with us. If you need help with your training or the settings on the machines, he will be more than happy to help you. Mahmoud likes to chat, so please take the opportunity to get some tips on restaurants, excursions or other exciting things you can find during your holiday.

### Fitness center rules & regulations

- Open daily 07.00 – 13.00 14.00 – 22.00
- No outside guests allowed into Fitness Centre (except membership clients)
- Minors 12-14 years shall be accompanied by adult. Younger ages not allowed in the gym.
- Shirt shall remain on during training.
- Wear clean clothes while working out. Inappropriate body odor is offensive.
- Dry, closed-top athletic shoes are required. No outdoor shoes, boots or sandals are permitted.
- Please return weights and plates when you complete your workout.
- Pick up after yourself. Each tool used shall be placed where it was taken.
- Return towels to front desk. Throw paper towels in trash bin.
- Use the equipment as they are meant to be used. No playing, only training!
- Do not sit on equipment between sets if guests are waiting.
- Do not use weights while on cardio equipment.
- Misuse of the equipment can result in injury and/or damage to the equipment; follow directions and instructions.
- Ask for assistance from the fitness staff if you are unfamiliar with equipment.
- Clean your machine or work out place after usage. Users are required to clean each machine including free weight benches and mats after use.
- Do not disrupt classes.
- Do not touch TV screens.
- If not adhering to the policies, you may be asked to leave the facility.
- Management reserves the right to deny entry of anyone who violates the rules.

## GUIDED ROAD BIKE TOURS

*We offer two different types of road bike tours.*

**Beginners** - For those who have never tried road cycling. This trip is about 40 km long and takes about 2h to complete. The tour will take you to Sahl Hasheesh - one of the finest areas here in Hurgadha. Sahl Hasheesh is a bay located on the shores of the Red Sea in Egypt, opposite Sharm El Sheikh.

**Intermediate** - This bike tour is for you who are an experienced road cyclist. We cycle in groups through the center of Hurgadaha and out into the desert. The trip is about 70 km long and takes about 3-4 hours to complete. It is an experience beyond the ordinary.

See the sport program for day and time.

**You must register before 14.00 o'clock one day in advance to be able to participate.** If you do not have your own bike, you can rent one for 10 euros / tour – individual use 25 euro / day

Sign up directly with Apollo reps during the service times

## SAUNA & ICE BATH

For guests who need to cool down after training, there is a newly built ice bath that maintains 8-12 degrees, open daily at 8.00-22.00 (for a fee). A newly built sauna directly adjacent to the Olympic pool and the gym (open daily from 17:00 to 22:00, for a fee).

## OLYMPIC POOL

The sports facility at Aqua Vista - powered by Playitas is of a high standard, and here you have the opportunity to swim in a 50-meter Olympic pool that is heated to 26-27 degrees all year round. The pool is both for exercise swimmers and professional swimmers where everyone can take the opportunity to practice the crawl or develop their swimming skills. For private individuals, courses are booked on site, which is done in the sports booking in the gym, and for groups the courses must be pre-booked. Shared lanes can be booked free of charge (only for apollo clients) , while private lanes can be booked for a fee

## WHERE & HOW TO BOOK

### **The RED marked Fitness classes & Padel tennis group classes**

must be booked at the fitness center you will find the booking folder on the desk. You can book one day in advance at 10.00 the sign ups for the next following day will be released

*Be on time for group fitness classes. It is disruptive to the other participants and the instructor when you arrive late. The fitness activity's is for you that is staying at Aqua Vista*

**Guided bike tours** must be booked to your Apollo rep during service hours.

Bike rental & payment is done at the sports booking

**Extra charge activity's** will be booked in the sports booking/shop inside the located to the right inside the fitness center. You will put the cost on your room and pay at reception when you check out.

## **DanceFit, Functional and stretch**



### **About Malene Soto Preisler**

Malene is passionate about making people move and have fun, at the same time. With a background in Jumping Fitness, Functional Fitness, Cross Dance and BALLance she has been a part of the fitness world for 6 years. It was actually in Playitas she first came in contact with BALLance, and now she is back as an instructor. It's obvious you can't miss this!

### **Classes with Malene**

- 🔗 Functional Training
- 🔗 Tabata
- 🔗 Stretch and Relax
- 🔗 DanceFit
- 🔗 WOD – hyrox/metcon

## **Power & energy week with Trine Sørensen**



### **About Trine Sørensen**

Trine has her own training community and training box called "SKURET". In addition to various fitness training educations, Trine is also trained as a Les Mills instructor, x-fit instructor and has supplemented with different courses. With Trine you get an experienced instructor who brings training joy to everyone, and a sincere instructor who has developed her own body from one place to a completely different one - all thanks to her energetic approach. You can therefore expect that Trine will be able to give you good training tips and exercises, regardless of what interests you have in training. Follow Trine at instagram @trine.sen

### **Classes with Trine**



WOD / Team WOD  
Cardio WOD  
HYROX workout  
Olympic weightlift



Kettlebell fun  
Basic step  
Stretch and relax



## Training week with Mirah damkjær



### About Mirah Damkjær:

"I am an enthusiastic and adventurous woman, passionate about sharing and inspiring others to embrace a 'healthy lifestyle.' For me, this includes mental well-being, exercise, quality sleep, and nourishing food.

Over the past 12 years, I have worked in the fitness industry and love pursuing my passion as a fitness instructor and personal trainer. On a daily basis, I work as an independent content creator/influencer and in my family business, where we produce shoes and sell shoes. On Instagram, TikTok, and my podcast 'udvid din horisont', I share inspiration on how to squeeze the most out of life and optimize our health. I also share my everyday life and living in the countryside with my boyfriend (and not to forget our two cats).

Mirah has been a guest instructor for Apollo Sports several times with great success and hosts her own training camps at our fitness hotels. With Mirah, you're guaranteed a smile and a fun, social week.

Follow Mirah on Instagram: @mirahdamkjaer"

### Classes with Mirah

- 🧘 Stretch and relax
- 🏋️ WOD
- 🏋️ Core and abs
- 🏋️ Upperbody
- 🏋️ Lowerbody
- 🏋️ Booty

- 🏋️ Kettlebell
- 🏋️ Mobility
- 🏃 Endurance
- 🏃 Cardio
- 🏃 HIIT



Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

# SPORTS PROGRAM

## SUNDAY 24/11/2024

### MORNING

08:00 MORNING STRETCH @ Pink Platform with Mirah

09:00 BOOTY @ Pink Platform with Mirah

10:00 FITNESS X-WOD (hyrox/metcon) @ WOD Box with Malene

10:00 GRIT CARDIO @ Pink Platform with Les Mills Group

10:30 Welcome Netherlands!  
INFORMATION MEETING in English meet @ Reception

12:00 AQUA @ Cubana Pool

### AFTERNOON

15:00 WATERPOLO @ Cubana Pool

16:00 SPINNING @ Fitness Center

16:00 BODYCOMBAT @ Pink Platform with Les Mills Group

17:00 MOBILITY @ WOD box with Mirah

17:00 TABATA @ Pink Platform with Malene

17:00 – 22:00 SAUNA & ICEBATH extra charge

18:00-20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

#### PADEL

10:00 PADEL LESSON BEGINNER @ Padel Courts

11:00 PADEL LESSON INTERMEDIATE @ Padel Courts

15:00 SOCIAL PADEL BEGINNER/INTERMEDIATE @ Padel Courts

16:00 SOCIAL PADEL INTERMEDIATE/ADVANCED @ Padel Courts

#### SWIM

15:00 CRAWL BEGINNERS @ Olympic Pool  
\*extra charge 5 euro\*

#### BIKE

08:00

ROADBIKE TOUR BEGINNER 40 K

Sign up to Apollo reps at service times one day in advance. \*extra charge 10 euro\*

#### RUNNING

16:30 DESERT RUN 7,5 km meet @ Sprint track 60m

Pace: 5:00-05:30 min/km

Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

# SPORTS PROGRAM

## MONDAY 25/11/2024

### MORNING

07.15 MORNING YOGA @ Pink Platform

09:00 BODYBALANCE @ Pink Platform with Les Mills Group

09:00 SPINNING @ Fitness Center

10:00 800 METERS RACE! @ Sprint track by sauna (12+)

11:00 FAMILY BOXING @ WOD box

11:00 BODYATTACK @ Pink Platform with Les Mills Group

12:00 AQUA @ Cubana Pool

### AFTERNOON

15:00 VOLLEYBOLL @ Volleyboll Courts

16:00 FUNCTIONAL WORKOUT @ Pink Platform with Malene

17:00 FITNESS X-WOD (hyrox/metcon) @ WOD box with Malene

17:00 BODYJAM @ Pink Platform with Les Mills Group

18:00 EVENING STRETCH 30 min @ Pink Platform with Mirah

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00 – 20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

#### PADEL

15:00 INTRO TO PICKLEBALL @ Pickleball Courts

16:00 SOCIAL PICKLEBALL @ Pickleball Courts

17:00 PADEL TOURNAMENT 2h @ Padel Courts (All levels welcome!)

**\*extra charge 8 euro\***

Please note that the booking is binding – cancellation fee 8 euros

SIGN UP @ Sports booking

#### BIKE

08.00

ROADBIKE TOUR INTERMEDIATE 70 K

Sign up to Apollo reps at service times one day in advance. **\*extra charge 10 euro\***

#### SWIM

15:00 CRAWL BEGINNERS @ Olympic Pool  
**\*extra charge 5 euro\***

16:00 CRAWL INTERMEDIATE @ Olympic Pool  
**\*extra charge 5 euro\***

#### RUNNING

17:00 RUNNING TECHNIQUE @ Running Track 60m

Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

# SPORTS PROGRAM

## TUESDAY 26/11/2024

### MORNING

08:00 BODYBALANCE @ Pink Platform with Les Mills Group

09:00 FITNESS X-WOD @ WOD box with Mirah

09:00 BODYCOMBAT @ Pink Platform with Les Mills Group

10:00 CORE & ABS @ Pink Platform with Mirah

12:00 AQUA @ Cubana Pool

### AFTERNOON

16:00 DANCE FITNESS @ Pink Platform @ Pink Platform with Malene

17:00 TABATA @ WOD BOX with Malene

18:00 EVENING YOGA 30 min @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00-20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

#### PADEL

10:00 PADEL LESSON BEGINNER @ Padel Courts

11:00 PADEL LESSON INTERMEDIATE @ Padel Courts

15:00 SOCIAL PADEL  
BEGINNER/INTERMEDIATE @ Padel Courts

16:00 SOCIAL PADEL  
INTERMEDIATE/ADVANCED @ Padel Courts

#### SWIM

15:00 CRAWL BEGINNER @ Olympic Pool  
**\*extra charge 5 euro\***

#### TRIATHLON (SWIM + RUN)

16:30 RUN 800 m + SWIM 200 m + RUN 800 m  
SIGN UP @ Fitness Center

#### RUNNING

07:00 LONG RUNNING 12-16 km  
meet @ Sprint Track 60m

Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

## SPORTS PROGRAM

WEDNESDAY 27/11/2024

### MORNING

08:00 PILATES @ Pink Platform with Les Mills Group

10:00 FITNESS X-WOD (hyrox/metcon) @ WOD box with Malene

10:00 MOBILITY @ Pink Platform

11:00 BOOTYBURN @ Pink Platform

12:00 AQUA @ Cubana Pool

### AFTERNOON

15:00 VOLLEYBOLL @ Volleyboll Courts

16:00 FUNCTIONAL WORKOUT @ Pink Platform with Malene

17:00 SPINNING @ Fitness Center

17:00 DANCE @ Pink Platform with Les Mills Group

17:00 Welcome Billund!

INFORMATION MEETING @ Trattoria Restaurant

18:00 STRETCH 30 min @ Pink Platform with Malene

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00-20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

#### PADEL

10:00 PADEL LESSON BEGINNER @ Padel Courts

11:00 PADEL LESSON INTERMEDAITE @ Padel Courts

15:00 SOCIAL PADEL BEGINNER/INTERMEDIATE @ Padel Courts

16:00 SOCIAL PADEL INTERMEDIATE/ADVANCED @ Padel Courts

#### SWIM

15:00 CRAWL INTERMEDIATE @ Olympic Pool  
\*extra charge 5 euro\*

#### BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

Sign up to Apollo reps at service times one day in advance. \*extra charge 10 eruo\*

#### RUNNING

16:30 SUNSET RUN 6 km meet @ Sprint Track  
60m  
Pace: 6:00 min/km

Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

# SPORTS PROGRAM

## THURSDAY 28/11/2024

### MORNING

07.15 MORNING YOGA @ Pink Platform

09:00 FITNESS X-WOD (hyrox/metcon) @ WOD box with Malene

10:00 BOXING @ WOD box

10:00 DANCE @ Pink Platform with Malene

11:00 BODYCOMBAT @ Pink Platform with Les Mills Group

12:00 AQUA @ Cubana Pool

### AFTERNOON

16:00 OLYMPIC WEIGHTLIFTING @ WOD box with Trine

16:00 BODYJAM @ Pink Platform with Les Mills Group

17:00 BASIC STEP @ WOD box with Trine

17:30 Welcome Helsinki!  
INFORMATION MEETING @ Trattoria Restaurant

18:00 EVENING YOGA 30 min @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00-20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

### PADEL

15:00 INTRO TO PICKLEBALL @ Pickleball Courts

16:00 SOCIAL PICKLEBALL @ Pickleball Courts

17:00 PADEL TOURNAMENT 2h @ Padel Courts (All levels welcome!)

**\*extra charge 8 euro\***

Please note that the booking is binding – cancellation fee 8 euros

SIGN UP @ Sports booking

### BIKE

08.00

ROADBIKE TOUR INTERMEDIATE 70 K

Sign up to Apollo reps at service times one day in advance. **\*extra charge 10 euro\***

### SWIM

15:00 CRAWL BEGINNERS @ Olympic Pool  
**\*extra charge 5 euro\***

16:00 CRAWL INTERMEDIATE @ Olympic Pool  
**\*extra charge 5 euro\***

### RUNNING

07:30 EASY MORNING RUN 5,5 km meet @ Sprint Track 60m  
Pace: 06:30 min/km

17:00 INTERVALLS @ Sprint Track 60m

Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

# SPORTS PROGRAM

## FRIDAY 29/11/2024

### MORNING

08:00 MORNING WALK IN THE DESERT 6 km  
meet @ Sprint Track 60m

09:00 BODYBALANCE @ Pink Platform with Les  
Mills Group

10:00 FITNESS X-WOD @ WOD Box with Trine

11:00 SPINNING @ Fitness Center

### AFTERNOON

16:00 TABATA @ Pink Platform

17:00 KETTLEBELL FUN @ WOD box with Trine

17:30 Welcome CPH!

INFORMATION MEETING in Danish @ Trattoria

18:30 Welcome ARN/CPH/GOT!

INFORMATION MEETING in Swedish  
@ Sports Bar

18:00 STRETCH 30 min @ Pink Platform with Trine

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00-20:00 OPEN GYM @ WOD Box

Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

## SPORTS PROGRAM

SATURDAY 30/11/2024

### MORNING

07:15 POWERWALK "get to know the area"  
@ meet Pink Platform

08:00 MORNING YOGA @ Pink Platform

09:00 HYROX inspired workout @ WOD box  
with Trine

10:00 MOBILITY @ WOD box

10:00 DANCE FITNESS @ Pink Platform

12:00 AQUA @ Cubana Pool

### AFTERNOON

16:00 BASIC STEP @ Pink Platform with Trine

17:00 BOXING @ WOD box

18:00 EVENING STRETCH 30 min @ Pink  
Platform

18:30 Welcome Oslo!

INFORMATION MEETING @ Sports Bar

17.00 – 22.00 SAUNA & ICEBATH extra  
charge

18:00-20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

#### PADEL

12:00 PADEL LESSON BEGINNER @ Padel  
Courts

14:00 PADEL LESSON INTERMEDIATE @ Padel  
Courts

18:00 SOCIAL PICKLEBALL @ Pickleball Courts

19:00 SOCIAL PADEL ALL LEVELS @ Padel  
Courts

#### SWIM

15:00 CRAWL BEGINNERS @ Olympic Pool  
\*extra charge 5 euro\*

#### RUNNING

16:30 SUNSET RUN 7 km meet @ Sprint  
track 60 m  
Pace: 5:30 min/km



Please note that this sport program is exclusive for customers that have booked their trip through **Apollo**

# SPORTS PROGRAM

## SUNDAY 01/12/2024

### MORNING

08:00 MORNING YOGA @ Pink Platform

09:00 FITNESS X-WOD @ WOD Box with Trine

10:00 CORE @ Pink Platform

10:30 Welcome Netherlands!  
INFORMATION MEETING in English meet @  
Reception

12:00 AQUA @ Cubana Pool

### AFTERNOON

15:00 WATERPOLO @ Cubana Pool

16:00 SPINNING @ Fitness Center

16:00 BOOTYBURN @ Pink Platform

17:00 CARDIO WORKOUT @ WOD box with  
Trine

18:00 EVENING STRETCH 30 min @ Pink  
Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00-20:00 OPEN GYM @ WOD Box

### ADDITIONAL CLASSES

### PADEL

12:00 PADEL LESSON INTERMEDIATE @ Padel  
Courts

14:00 SOCIAL PADEL BEGINNER/INTERMEDIATE  
@ Padel Courts

18:00 SOCIAL PICKLEBALL @ Pickleball Courts

19:00 SOCIAL PADEL  
INTERMEDIATE/ADVANCED @ Padel Courts

### SWIM

15:00 CRAWL BEGINNERS @ Olympic Pool  
\*extra charge 5 euro\*

### BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

Sign up to Apollo reps at service times one  
day in advance. \*extra charge 10 euro\*

### RUNNING

16:30 DESERT RUN 7,5 km meet @ Sprint track  
60m

Pace: 5:00-05:30 min/km

## SERVICE TIMES

We are always ready to help you if you have any questions, want to book an excursion or if you have any other concerns.

You will find us at Apollos own restaurant Trattoria.

### **Monday**

09:00-09:45

13:00-13:45

### **Tuesday**

09:00-09:45

13:00-13:45

### **Wednesday**

09:00-09:45

### **Thursday**

09:00-09:45

13:00-13:45

### **Friday**

09:00-09:45

13:00-13:45

### **Saturday**

09:00-09:45

13:00-13:45

### **Sunday**

09:00-09:45

13:00-13:45

You can also call us on our service phone: + 20 128 843 2508

And chat with us via WhatsApp +20 128 843 2508

## SPRINT RACE – 800 METER

Show us what you got!

Join our weekly race to get a place on the leaderboard! Run as fast as you can, 800 meters on our 400-meter sprint track (back and forth). Every Monday we will officially do the race, check the schedule for exact time. Compete against yourself, your friends, your family or the glorified leaderboard...

The day after the race, we will announce and update on the board, **top 3 best results of the week** and

the total leaderboard for the **full season**  
(starting date – 07/10/2024)

Do you have what it takes to make it to the top..?



# SPRINT RACE – 800 METER

## ALL TIME BEST RESULTS

### Leaderboard - men

Last update: 25 seconds ago

<b>1</b>	Kenneth	2.42 min
<b>2</b>	Noah	2.56 min
<b>3</b>	Gym-Mahmoud	3.01 min

### Leaderboard - women

Last update: 39 seconds ago

<b>1</b>	Apollo-Freja	3.33 min
<b>2</b>	Apollo-Johanna	3.34 min
<b>3</b>	Apollo-Alva	4.02 min

You want your name on the leaderboard? Join the weekly race!  
Every Monday.

# HISHAM SALEH – TRIATHLON COACH

hesham saleh was born on august 8, 1986. he graduated from college with a degree in business administration. since then, he has worked as a graphic designer and front-end web developer. he started swimming as a young child. and in his late twenties, he started as a triathlon player. In 2016 he started to participate in the national triathlon championship and won the gold medal in (AG) 25-29 and 3rd place overall . after that he participated in many national competitions and won many gold and silver medals . In 2018 he participated in the African championship in Charm el Sheik where he secured the second place (AG) and the first place in 2019.



Since 2019 he has participated in the national cycling championship where he and his team won the first place 3 years in a row and he won the first place over all twice as an individual. In 2020, he started his journey as a swimming and triathlon coach by obtaining a degree in swimming from the General Syndicate of Sports and a degree in basic triathlon coaching from the Egyptian Triathlon Federation and an Ironman coach certification. He worked as an assistant coach for the triathlon team at the GWSC club, where he gained experience in developing and adapting triathlon programs for beginner and intermediate triathletes..  
highlight achievements : -First place at the triathlon African championship (AG). -Two times first place in the national cycling cup. -First place as a team member in the national cup 3 times. -Multiple times first place in the national triathlon championship. (AG). -Multiple times first place in triathlon races in Sahl Hashes (AG).

# HISHAM SALEH – SWIM, BIKE & RUN COACHING

Hisham offers several different types of coaching.

Group coaching

**Crawl beginner** - For you who can swim but want to learn the basics of crawl.

**Crawl intermediate** - For you who already know the basics of crawl but want to improve your technic.

The groups consist of a maximum of 8 people and cost **5 euros**. See the sports program for days and times. Sign up and pay in the sports booking/shop

Hisham also offers private coaching in running, cycling, and swimming.

This is for you who, regardless of level, want to be in extra focus and improve yourself.

You sign up directly with Hisham to a cost of 20 euro / hour.

The payment will be done at the sport booking / shop.

# ALBIN JAHA – PADEL COACH

**My name is Albin Jaha**, and I am from Sweden. With over 7000 hours on the padel court, I am deeply passionate about the sport. I have had the privilege of working as a coach in Sweden, Greece, Egypt, and Spain, where I have shared my expertise and enthusiasm for padel.

I am also the founder of "FRONTLINE Padel," a brand dedicated to creating high-quality padel rackets and clothing. Padel is my greatest passion, and I am committed to advancing the sport, helping others improve their game, and having fun, competitive matches along the way.



Join us for countless hours of padel, featuring group training sessions, social play, and at least two major tournaments each week for all skill levels with nice prices for the winner!

If you're looking to take your skills to the next level, book a private lesson with me directly! You can catch me around the hotel or message me on WhatsApp at +46 78378742. You can also make a booking at the sports shop inside the gym.

Join us for fun, competition, and improvement let's elevate your padel game together!

**SEE YOU AT THE PADEL COURTS!**



# HOW TO BOOK THE CORRECT PADEL CLASS

## Try Padel (Level 1)

- 1. Never played. Don't know the rules.

## Beginner Padel Training (Level 1-3)

- **2. Beginner (Level 2):** Learning basics and rules.
- **3. Beginner Advanced (Level 3):** Knows basics, but struggles with ground strokes and wall bounces.

## Intermediate Padel Training (Level 4-6)

- **4. Leisure Player (Level 4):** Knows basics well, can increase game tempo, but inconsistently.
- **5. Average Player (Level 5):** Plays for a couple of years, mostly gets ball over net with power and variety. Serve is inconsistent.
- **6. Average Advanced (Level 6):** Like Level 5, but better smashes and special moves. More consistent.

## Advanced Padel Training (Level 7-10)

- **7. Experienced (Level 7):** Can defend and turn the game, maintains pressure, hits winning shots.
- **8. Skilled (Level 8):** Full control of technical and tactical aspects. Top tier in club, practices regularly.
- **9. Expert (Level 9):** Among best players, competes nationally with good results.
- **10. World-Class (Level 10):** Plays at the highest level like top professional players.

## Social Padel

- - **Beginner (Level 2-3):** Social games for those learning or knowing basics.
- - **Intermediate (Level 4-6):** Social games for players with a good grasp of basics.
- - **Advanced (Level 6-10):** Social games for experienced players using advanced techniques.

# PADEL CLASSES & LESSONS

- **TRY PADEL TENNIS** : Ready to elevate your game? Try padel tennis! This dynamic sport combines the best of tennis and squash, offering fast-paced action and a social atmosphere. Perfect for players of all levels, padel is easy to learn but offers endless opportunities for strategy and skill development. Grab a paddle, hit the court, and experience the thrill of padel tennis today
- **PADEL TRAINING BEGINNER** : Looking to kickstart your padel journey? Join our beginner training sessions! Whether you're new to racquet sports or a seasoned athlete, our program offers a supportive environment to learn the basics and refine your skills. Get ready to improve your game, meet fellow enthusiasts, and have a blast on the court. Sign up for beginner padel tennis training now and take the first step : Ready to take your padel skills to the next level? Our intermediate towards mastering this exciting sport
- **PADEL TRAINING INTERMEDIATE** Training program is designed for players looking to refine their technique, enhance their strategy, and elevate their game. Led by experienced coaches, these sessions offer a mix of drills, match play, and tactical insights to help you reach your full potential on the court. Whether you're aiming to compete or simply improve, our intermediate padel training will challenge and inspire you. Join us and unleash your true padel prowess
- **PADEL TRAINING AMERICANO/MEXICANO**: Interested in mastering the Americano/Mexicano style of padel? Our specialized training program is tailored to help you excel in this exciting variation of the game. Led by expert instructors familiar with the unique strategies and techniques of Americano/Mexicano play, our sessions will sharpen your skills and deepen your understanding of this dynamic style. Whether you're aiming to dominate the court or simply explore a new approach, our Americano/Mexicano padel training will guide you towards success. Join us and unlock the secrets to victory in this thrilling adaptation of padel tennis!

**SIGN UP @ Sportbooking – The group classes & lesson displayed on the sports program**

# PADEL TOURNAMENT

SEE THE SPORTS PROGRAM FOR DAY AND TIME



Come join our friendly padel tournament up at the courts.

All levels are welcome to join!

Sign-up in the sports booking SHOP.

Charge 8 euro/person.

No partner needed.

If you don't feel like joining the competition, do not hesitate to come hangout on the side with us!

We're promising good vibes ONLY!

# AQUAVISTA SOCIAL PADEL

SCAN THE QR CODE TO ACCESS OUR FACEBOOK GROUP



**This group is for you and your friends can find other padel players during your stay here at aquavista to get together for a match. Write in the group how many you are and what your level is.**

## SPORTS PROGRAM

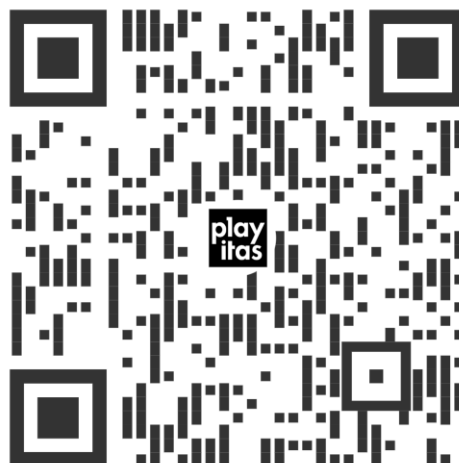
To access the sports program, scan the QR with your smart phone. QR reader may be needed. You will also find the sports program displayed at the activityboards around the hotel.



## CLASS INFO

FOR MORE INFO ABOUT THE CLASSES SCAN THE QR

CODE BELLOW.



## WOD BOX RULES

The WOD box is open for guests staying at **Aqua Vista** travelling with **Apollo**. If you would like to use the equipment, please help yourself, but please put everything back where it belongs.

**Opening times for individual use is**

**18.00 – 20.00 every day.** Ask the coach in the fitness center to open the door you. Classes and group reservations has always priority.

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