

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 breathtaking 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.
- **Green** - Activities are child & family friendly.

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 Pump and Tone 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.

CYCLE CENTRE

A great way to explore the of Hurgahda is on two wheels! We are proud to offer a multitude of great cycling routes to improve your fitness while taking in the local scenery. Our experienced bike guides offer a selection of guided bike rides. We are offering your two types of rides.

Beginner

This Beginner route is roughly 40km of flat road and beautiful scenery, which will take us to Sal Hasheesh. This is a private tourist area, where we will cycle along 8km of sandy Egyptian beach. This ride is open to all levels and abilities, as we will adjust the pace according to the group, so make sure to come along! We will have 2/3 stops for water and a coffee break along the way to refresh and refuel ourselves.

Intermediate

This route is for those of you who have some road-biking experience and want a bit more of a challenge. This route will take us 65km in total, as we pass through the center of Hurgahda and into the desert. With an average pace of roughly 32km/ph this is a demanding but mainly flat route to test your stamina.

We offer the unique experience of road-biking across Hurgahda, which is also something new to the local community, so don't be afraid if you hear them shouting, clapping their hands or honking their horns, for them this is their way of encouraging you along! Traffic is also very respectful to cyclists and will keep their distance so you can cycle comfortably and safely.

To sign up to any of the bike tours you can book directly with any of our Apollo staff during the service hours.

If you don't have your own bike, you can rent one from our sports booking shop for 25 euro per day. If you are joining our tour the cost is 10 euro , and you can pick the bike up from the bike center. Bike rental fees will be charged to the room.

If you wish to go out cycling by yourself, there are Strava routes located next to the Bike center for you to try out.

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.



Class info

SPORTS PROGRAM

SATURDAY 30/03/2024

MORNING

- 08.00 MORNING MOBILITY @ Pink Platform
- 09.00 ZUMBA FOR BEGINNERS @ Pink Platform
With Amanda
- 10:00 FITNESS X-WOD @ WOD Box
- 11.00 FOAM ROLLER @ WOD box
- 12:00 AQUA @ Cubana Pool

AFTERNOON

- 15.00 SOCIAL FOOTBALL @ Fitness Center
- (meeting outside the Fitness Center)
- 16.00 LATIN ZUMBA @ Pink Platform
With Amanda
- 16.00 SPIN @ Fitness Center
- 17:00 STRETCH & RELAX @ Pink Platform
- 17.00 – 22.00 SAUNA & ICEBATH extra charge
- 18:00 – 20:00 OPEN GYM @ WOD Box

ADDITIONAL CLASSES

PADEL & PICKELBALL

- 10:00 PADEL BEGINNERS @ Padel Courts
- 11:00 INTERMEDIATE PADEL @ Padel Courts
- 1500 TRY PICKLEBALL @ Fitness Center
(meeting @ fitness center)
- 16.00 SOCIAL PADEL @ Padel Courts

SWIM

- 15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro
- 16.00 CRAWL Intermediet @ Olympic Pool
Extra charge 5 euro

BIKE

- 08.00
- ROADBIKE TOUR BEGINNER 40 K
or INTERMEDIATE 70 K on request
- Sign up to Apollo reps at service times

RUNNING

- 17:00 RUNNING INTERVAL (all levels can join 40 – 50 min session)

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info

SPORTS PROGRAM

SUNDAY 31/03/2024

MORNING

08.00 MORNING YOGA @ Pink Platform

09.00 ZUMBA @ Pink Platform

With Amanda

10:00 FITNESS X-WOD @ WOD Box

11.00 LOWERBODY @ WOD Box

12:00 AQUA ZUMBA @ Cubana Pool

With Amanda

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

16.00 STRENGTH & CARDIO @ WOD box

17:00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

ADDITIONAL CLASSES

PADEL & PICKELBALL

10:00 PADEL BEGINNERS @ Padel Courts

11:00 INTERMEDIATE PADEL @ Padel Courts

1500 TRY PICKLEBALL @ Fitness Center

(meeting @ fitness center)

16.00 SOCIAL PADEL @ Padel Courts

BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

or INTERMEDIATE 70 K on request

Sign up to Apollo reps at service times

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro

16.00 CRAWL Intermediat @ Olympic Pool
Extra charge 5 euro

RUNNING

17:00 Hill run Fartlek @ Sprint Track Pace 5.30 – 6.00 /
km (all levels can join 40 – 50 min session) .

Redmarks require pre booking @ sports booking. Classes with **bluemarks** are with our guest instructors **Greenmarked** classes are kids or family friendly classes



Class info

SPORTS PROGRAM

MONDAY 01/04/2024

MORNING

07.15 DESSERT POWERWALK @ Pink Platform

With Hisham (60 – 90 min)

08.00 MORNING MOBILITY @ Pink Platform

09.00 FITNESS – X – WOD @ WOD box

10.00 ZUMBA FOR BEGINNERS @ Pink Platform

With Amanda

11.00 SPIN @ Fitness Center

12:00 AQUA @ Cubana Pool

AFTERNOON

15.00 VOLLEYBALL @ Volleyball Courts

15.00 KETTLEBELL @ WOD box

With Jakob

16.00 TABATA @ Pink Platform

With Anne Sofie

17.00 STRETCH & RELAX @ Pink Platform

18.00 SUNSET AFROBEAT/DANCEHALL ZUMBA

With Amanda

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

ADDITIONAL CLASSES

PADEL

10:00 PADEL BEGINNERS @ Padel Courts

11:00 INTERMEDIATE PADEL @ Padel Courts

1500 TRY PICKLEBALL @ Fitness Center

(meeting @ fitness center)

16.00 SOCIAL PADEL @ Padel Courts

Sign up in sports booking.

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro

16.00 CRAWL Intermediet @ Olympic Pool
Extra charge 5 euro

RUNNING

17:00 SUNSET RUN @ Sprint Track Pace 5.45 – 6.00 / km (all levels can join 40 – 50 min session)

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info



SPORTS PROGRAM

TUESDAY 02/04/2024

MORNING

08.00 MORNING YOGA @ Pink Platform

09.00 FITNESS – X – WOD @ WOD box

With Jakob

10.00 GLUETS & CORE @ Pink Platform

With Ann Sofie

11.00 SPIN @ Fitness Center

12:00 AQUA ZUMBA @ Cubana Pool

With Amanda

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

16.00 FUNCTIONAL TRAINING @ WOD box

With Jakob

16.00 LATIN ZUMBA @ Pink Platform

With Amanda

17.00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

ADDITIONAL CLASSES

PADEL

09.00 TRY PICKLEBALL @ Fitness Center

17.00 PADEL TURNAMENT @ Fitness Center
extra charge

Sign up is mandatory, cancelation is not possible.

Sign up in sports booking.

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info

SPORTS PROGRAM

WEDNESEDAY 03/04/2024

MORNING

08.00 MORNING MOBILITY @ Pink Platform

09.00 FITNESS – X – WOD @ WOD box

10.00 SPIN @ Fitness Center

With Jakob

11.00 BOOTY & LEGS @ WOD box

With Ann Sofie

12:00 AQUA ZUMBA @ Cubana Pool

With Amanda

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

15.00 ZUMBA FOR BEGINNERS @ Pink Platform

With AMANDA

16.00 KETTEL BELL @ WOD box

With JAKOB

17.00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

PADEL

ADDITIONAL CLASSES

10:00 PADEL BEGINNERS @ Padel Courts

11:00 INTERMEDIATE PADEL @ Padel Courts

1500 TRY PICKLEBALL @ Fitness Center

(meeting @ fitness center)

16.00 SOCIAL PADEL @ Padel Courts

Sign up in sports booking.

BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

or INTERMEDIATE 70 K on request

Sign up to Apollo reps at service times

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro

16.00 CRAWL Intermediat @ Olympic Pool
Extra charge 5 euro

RUNNING

17:00 Desert RUN @ Sprint Track Pace 5.15 – 6.00 / km
BIKE (I ntermediate 40 – 50 min session)

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info

SPORTS PROGRAM

THURSDAY 04/04/2024

MORNING

08.00 MORNING MOBILITY @ Pink Platform

09.00 FITNESS – X – WOD @ WOD box

With Jakob

10.00 SPIN @ Fitness Center

11.00 ENDURANCE WOD @ WOD box

With Sarah

12:00 AQUA ZUMBA @ Cubana Pool

With Amanda

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

16.00 TABATA @ WOD box

Jakob

16.00 LATIN ZUMBA @ Pink Platform

With Amanda

17.00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

ADDITIONAL CLASSES

PADEL

10.00 TRY PICKLEBALL @ Fitness Center

17.00 PADEL TURNAMENT @ Fitness Center extra charge

Sign up is mandatory, cancelation is not possible.

Sign up in sports booking.

BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

or INTERMEDIATE 70 K on request

Sign up to Apollo reps at service times

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro

16.00 CRAWL Intermediet @ Olympic Pool
Extra charge 5 euro

RACE

17.00 Aquathlon: 800m run - 200m swim - 800m run

Price: 30-minute massage for the best male and female + Sauna and ice bath

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info

SPORTS PROGRAM

FRIDAY 05/04/2024

MORNING

08.00 MORNING MOBILITY @ Pink Platform

09.00 FITNESS – X – WOD @ WOD box

With Jakob

10:00 SPIN @ WOD Box

With Ann Sofie

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

16.00 HIIT @ WOD box

With Jakob

17.00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

or INTERMEDIATE 70 K on request

Sign up to Apollo reps at service times

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool

Extra charge 5 euro

16.00 CRAWL Intermediat @ Olympic Pool

Extra charge 5 euro

RUNNING

17:00 RUNNING Techniques (all levels can join 30 – 40 min session)

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info

SPORTS PROGRAM

SATURDAY 06/04/2024

MORNING

08.00 MORNING MOBILITY @ Pink Platform

09:00 FITNESS X-WOD @ WOD Box

With Jakob

10.00 FOAM ROLLER @ WOD box

11.00 SPIN @ Fitness Center

12:00 AQUA VOLLEUBALL @ Cubana Pool

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

16.00 GLUTES & CORE @ Pink Platform

With Ann Sofie

17:00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

18:00 – 20:00 OPEN GYM @ WOD Box

ADDITIONAL CLASSES

PADEL & PICKELBALL

10:00 PADEL BEGINNERS @ Padel Courts

11:00 INTERMEDIATE PADEL @ Padel Courts

1500 TRY PICKLEBALL @ Fitness Center

(meeting @ fitness center)

16.00 SOCIAL PADEL @ Padel Courts

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro

16.00 CRAWL Intermediet @ Olympic Pool
Extra charge 5 euro

BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

or INTERMEDIATE 70 K on request

Sign up to Apollo reps at service times

RUNNING

17:00 RUNNING INTERVAL (all levels can join 40 – 50 min session)

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



Class info



SPORTS PROGRAM

SUNDAY 07/04/2024

MORNING

08.00 MORNING MOBILITY @ Pink Platform

10:00 FITNESS X-WOD @ WOD Box

12:00 AQUA VOLLEYBALL @ Cubana Pool

AFTERNOON

15.00 SOCIAL FOOTBALL @ Fitness Center

(meeting outside the Fitness Center)

16.00 STRENGTH & CARDIO @ WOD box

17:00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH extra charge

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

ADDITIONAL CLASSES

BIKE

08.00

ROADBIKE TOUR BEGINNER 40 K

or INTERMEDIATE 70 K on request

Sign up to Apollo reps at service times

SWIM

15.00 CRAWL BEGINNERS @ Olympic Pool
Extra charge 5 euro

16.00 CRAWL Intermediate @ Olympic Pool
Extra charge 5 euro

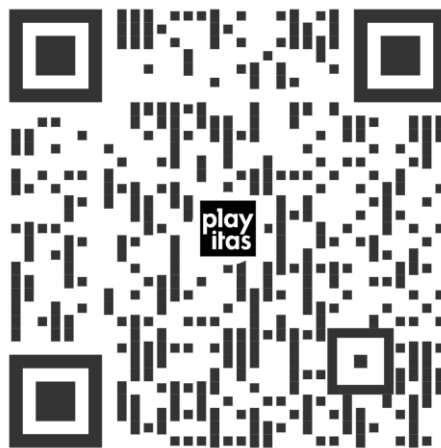
RUNNING

17:00 Hill run Fartlek @ Sprint Track Pace 5.30 – 6.00 /
km (all levels can join 40 – 50 min session) .

Redmarks require pre booking @ sports booking. Classes with **bluemarks** are with our guest instructors **Greenmarked** classes are kids or family friendly classes

SPORTS PROGRAM

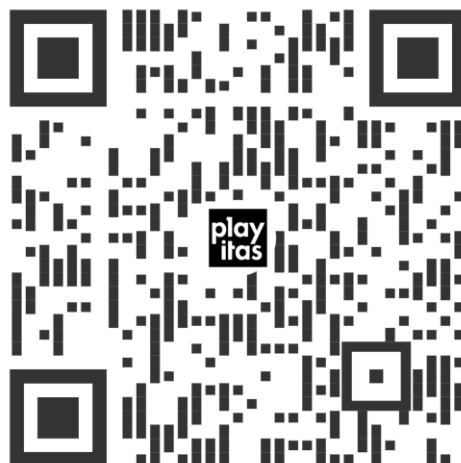
To access the sports program, scan the QR with your smart phone. QR reader may be needed. You will also find the sports program displayed at the activityboards around the hotel.



CLASS INFO

FOR MORE INFO ABOUT THE CLASSES SCAN THE QR CODE

BELLOW.



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

HISHAM SALEH- TRIATHLON COACH

Hesham Saleh, born on August 8, 1986, is no ordinary guy. With a degree in Business Administration, he dived into graphic design and web development. But his passion for swimming led him to triathlons, where he rocked the scene, winning gold in the national championship and making waves at the African championship.

Since 2019, he's dominated the national cycling championship, leading his team to victory and snagging individual first places twice. In 2020, he transitioned to coaching, earning certifications and guiding triathletes at GWSC club.

Highlights:

- First place at the triathlon African championship.
- Two-time first place in the national cycling cup.
- First place in the national cup three times.
- Multiple wins in the national triathlon championship and Sahl Hashes races.

Remember, behind Hesham's calm exterior lies a titan of triathlons, a cycling champ, and a coaching prodigy



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 here at this desk.

Monday

09.00

Tuesday

09.00

Wednesday

13.00

Thursday

09.00 & 13:00

Friday

13.00

Saturday

09.00

Sunday

09.00

The service times applies for 30 minutes

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

And chat with us via WhatsApp +20 128 843 2508

aqua vista **play itas**
powered by

JAKOB SCHMIDT & ANNE-SOFIE VILDBRAD



Are you crazy about strength training, running, or maybe both? Then you should join when Jakob Schmidt & Anne-Sofie Vildbrad ensure a great training week. Jakob and Anne-Sofie guarantee that you will leave all training sessions with a smile on your face and a feeling of looking forward to the next training session. You can participate in all classes, regardless of your experience. Jakob and Anne-Sofie have extensive experience with different levels and can therefore help you no matter what your background in

Even though training can be tough and challenging, it's important that it's also fun. This week, you can expect fun and motivating workouts, no matter what fitness level you're at. Even if you haven't tried functional training, kettlebell, or strength training before, it's our foremost task to give you a good, enjoyable, and educational experience. However, if you do have experience, it's a week where you can expect to be challenged, have your technique optimized, and increase your skills - so you can become even better. We guarantee challenging, fun, and inspiring workouts with you in focus - we come with high spirits and look forward to giving you good experiences and sweat on your forehead.

[Jakob and Anne-Sofie's classes are highlighted in blue on the sports program.](#)

ALBIN JAHA – PADEL COACH

Greetings, fellow padel enthusiasts! Brace yourselves for a journey into the world of padel, led by none other than yours truly, Albin Jaha, hailing from Höör, Sweden.

About Me: I'm not your typical padel player – think of me as the padel maestro you never knew you needed. Born and bred in Sweden, my passion for padel has been a lifelong affair.

My Journey as a Padel Coach: Armed with a racket and a dream, I embarked on a mission to share my padel prowess with the world. Fast forward, and I've spent more hours coaching on the court than I have sleeping!

My Role as RS Padel Ambassador: Curious about what it takes to become a padel sensation? Look no further – RS Padel saw my potential and dubbed me their official hype man – I mean, ambassador. Now, I'm spreading the padel love far and wide.



Key Insights from Yours Truly:

- **Technique Mastery:** Grip it, rip it! Mastering the basics – from grip to footwork – is the foundation of a killer game.
- **Tactical Brilliance:** Think like a padel ninja! Outsmart your opponents with strategic plays and cunning moves.
- **Mental Toughness:** Keep your cool, even when the pressure's on. Padel is as much a mental game as it is physical

Availability and Booking: Oh, and did I mention? I'm not just here to drop wisdom – I'm here to help you dominate the court! You can catch me every day around the padel courts, or simply ask at the fitness center, and they'll point you in my direction. Want some one-on-one coaching? You got it! Just book me privately for an extra cost, and we'll take your game to the next level.

Conclusion: So, there you have it – the essence of padel, distilled into three simple rules, courtesy of yours truly, Albin Jaha. Let's hit the court and unleash our padel potential together!

Thanks for joining me on this exhilarating journey – remember, padel isn't just a game, it's a lifestyle filled with laughter, learning, and the occasional stray ball in the bushes!

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

13.00 – 15.00 and 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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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.