

## THE NON-STOP ROUTINE

### TIME TO GET UP

You're on holiday... get up whenever you feel like it.

Room service when you wake up and straight to the pool to clear your head.  
**TAKE A DIP**

### STROLL TO THE BEACH BAR

We highly recommend trying a new one every day.

### SIESTA ON A SUN LOUNGER IN 3,2,1...

20 minutes for amateurs, 2 hours for PROs.

### JOG TO THE BEACH

You didn't think you could skip cardio altogether, did you?

### TAKE 5 MINUTES TO ENJOY THE SUNSET

Take a deep breath and appreciate one of the most magical moments of the day.

### DINNER WITH THE FAMILY... AND REPEAT

Every day someone in the family chooses where to have dinner. Kids, pizza, room. Perfect!

#### PRO

Take your routine to the next level by increasing the time dedicated to each activity. Start by attempting a 2-hour siesta on a sun lounger. Go on... you can do it!

## THE BEACH-LOVER ROUTINE

### WAKE UP BEFORE THE ALARM CLOCK GOES OFF

The trick is to set it for 3 p.m. That way, you're sure to wake up before the alarm goes off, and you can congratulate yourself for being such a morning person.

### HEAD TO THE BEACH

Flip-flops, swimming costume and straight out the door to make sure the beach is still as close to your room as it was yesterday. It is, of course, but there's no harm in checking.

### LET'S HYDRATE!

Sip a lemonade, gin and tonic or ice-cold water at the beach bar. Done? Great... then it's time to hit the water!

### WITH ALL THESE EARLY MORNINGS, YOU DESERVE A SIESTA

Not sure whether to fit it in before or after lunch? You're on vacaciones, do both!

### PRACTICE YOUR BUTTERFLY STROKE, DOGGY PADDLE OR GO FREESTYLE

There's a pool waiting for you and the family to fine-tune those aquatic skills. You'll be ready for the Olympics in no time.

### DON'T FORGET THAT SIESTA

Your batteries need to be fully charged to keep up with this routine.

### LAST DIP BEFORE DINNER

Oh, go on then, maybe the penultimate one; those kids just won't get out of the pool!

### CHOOSE SOMETHING NEW FOR DINNER EVERY DAY

With so much to choose from in the buffet, make an effort to try something new every day rather than filling up on the first delicious option you see (it takes one to know one).

#### PRO

Want to up the level of your routine? Walk to the beach but between each activity: siesta, beach bar, swim, beach bar... strictly for PROs only.

## THE KIDS-IN-CHARGE ROUTINE

### TODAY, IT'S ALL ABOUT THE CHILDREN

If they say play, you play, and we swap the siesta for ice cream time. Don't worry, you'll sleep like a baby later.

### SUPERCHARGED BREAKFAST AND A SWIM

The pool is all yours.

### LEARN EVERY SINGLE POOL GAME THAT EVER EXISTED

Marco, Polo, shark, Grand Prix, volleyball... the aim is not to stop for a second.

### LET'S TRY THE BEACH VERSION

### HAS ANYONE ESCAPED FOR A SIESTA YET?

Find that traitor!

### TIME TO PICNIC

Today's lunch table is a beach towel.

### A POST-PICNIC GAME OF CARDS

It goes without saying that the loser goes straight in the sea!

### PUT THE FINISHING TOUCHES ON THOSE SANDCASTLES

Buffet for dinner and off to bed.

#### PRO

If you can follow this routine you deserve to be a pro, you're officially a superhero.

# Vacaciones

HOLIDAYS THAT GO WITH THE FLOW

Follow our ready-made routines for a few days of fun, relaxation and complete disconnection with ONA.

\*Valid for any of our destinations. Each routine has been carefully designed to ensure you get maximum enjoyment from doing absolutely nothing on holiday.