

# DAILY ISLAND ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8.00 am</b>	Island Run with Recreation Team 30-40 Mins (Welcome area)		Island Run with Resort Manager 30 Mins (Welcome area)	Circuit training with Fitness Trainer 30 Mins (Gym)		Stretching Session with Fitness trainer 30 Mins (Yoga room)	Island Run with Recreation Team 30-40 Mins (Welcome area)
<b>10.00 am</b>		Pool Splash Games 30-45 Mins (Main Pool)	Pool Splash Games 30-45 Mins (Main Pool)	Pool Splash Games 30-45 Mins (Main Pool)	Pool Splash Games 30-45 Mins (Main Pool)	Pool Splash Games 30-45 Mins (Main Pool)	Pool Splash Games 30-45 Mins (Main Pool)
<b>12.00 noon</b>	Aqua Polo 30-45 Mins (Main Pool)		Aqua Polo 30-45 Mins (Main Pool)	Aqua Polo 30-45 Mins (Main Pool)	Aqua Polo 30-45 Mins (Main Pool)	Aqua Polo 30-45 Mins (Main Pool)	Aqua Polo 30-45 Mins (Main Pool)
<b>3.00 pm</b>	Table Tennis with Recreation Team 30 Mins (Playroom)	Soft Archery With Recreation Team 30 Mins (Playroom)	Soft Archery With Recreation Team 30 Mins (Playroom)	Billiards With Recreation Team 30 Mins (Playroom)	Soft Archery With Recreation Team 30 Mins (Playroom)	Table Tennis with Recreation Team 30 Mins (Playroom)	
<b>4.00 pm</b>	Beach Volleyball 45 Mins (Volleyball court)		Beach Football 45 Mins (Volleyball court)		Beach Volleyball 45 Mins (Volleyball court)	Beach Volleyball 45 Mins (Volleyball court)	Beach Volleyball 45 Mins (Volleyball court)
<b>5.00 pm</b>	Beach Volleyball 45 Mins (Volleyball court)	Wellness Talk with Spa Team 30 Mins (Yoga room)		Beach Football 45 Mins (Volleyball court)	Skin Talk with Spa Team 30 Mins (Yoga room)	Beach Football 45 Mins (Volleyball court)	Wellness Talk with Spa Team 30 Mins (Yoga room)
<b>6.00 pm</b>		Island Run with Recreation Team 30-40 Mins (Welcome area)		Island Run with Recreation Team 30-40 Mins (Welcome area)	Closing Ceremony (Main Pool)	Closing Ceremony (Main Pool)	
<b>7.00 pm</b>					Bonfire and Smores (Helios)	Bonfire and Smores (Helios)	

All activities are complimentary for all guests aged 14 years and above.  
 Island Run with Resort Manager, you are welcome to join.  
 No bookings are required. Activities are subject to change depending on weather conditions.





# KIDS ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10.00 am</b>	<b>Sand Castle Building</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Catch the Ball</b> 30-45 Mins (Kids Club Pool)	<b>Art and Crafts</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Shell Collecting</b> 30-45 Mins (Beach Area)	<b>Shell Painting</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Shell Art</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Zumba</b> 30-45 Mins (Main Pool)
<b>11.00 am</b>	<b>Kite Making</b> 30-40 Mins (Play Hall)	<b>Art and Crafts</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Kite Making</b> 30-40 Mins (Play Hall)	<b>Group Painting</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Ring Toss</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Zumba</b> 30-45 Mins (Main Pool)	<b>Aqua Aerobics</b> 30-45 Mins (Kids Pool)
<b>12.00 noon</b>	<b>Group Painting</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Soft Archery</b> 30-45 Mins (Play hall)	<b>Ring Toss</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Bracelet Making</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Hula Hoop Relay</b> 30-40 Mins (Tuk Tuk Kids Club)	<b>Kite Making</b> 30-40 Mins (Play Hall)	<b>Bracelet Making</b> 30-45 Mins (Tuk Tuk Kids Club)
<b>1.00 pm</b>	Break Time	Break Time	Break Time	Break Time	Break Time	Break Time	Break Time
<b>3.00 pm</b>	<b>Ring Toss</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Hula Hoop Relay</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Sack Race</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Kite Making</b> 30-40 Mins (Play Hall)	<b>Art and Crafts</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Soft Archery</b> 30-45 Mins (Play hall)	<b>Kite Making</b> 30-40 Mins (Play Hall)
<b>4.00 pm</b>	<b>Scavenger Hunt</b> 30-45 Mins (Sunrise Beach)	<b>Kite Making</b> 30-40 Mins (Play Hall)	<b>Tug of War</b> 30-45 Mins (Sunrise Beach)	<b>Scavenger Hunt</b> 30-45 Mins (Sunrise Beach)	<b>Kite Making</b> 30-40 Mins (Play Hall)	<b>Scavenger Hunt</b> 30-45 Mins (Sunrise Beach)	<b>Tuk Tuk's Got Talent</b> 30-45 Mins (Tuk Tuk Kids Club)
<b>5.00 pm</b>	<b>Meet the Peacock</b> 30-45 Mins (Around the resort)	<b>Sand Castle Building</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Scavenger Hunt</b> 30-45 Mins (Sunrise Beach)	<b>Hula Hoop Relay</b> 30-40 Mins (Tuk Tuk Kids Club)	<b>Sack Race</b> 30-45 Mins (Tuk Tuk Kids Club)	<b>Meet the Peacock</b> 30-45 Mins (Around the resort)	<b>Scavenger Hunt</b> 30-45 Mins (Sunrise Beach)
<b>6.00 pm</b>	<b>Movie Night</b> (Play Hall)	<b>Movie Night</b> (Play Hall)	<b>Movie Night</b> (Play Hall)	<b>Movie Night</b> (Play Hall)	<b>Movie Night</b> (Play Hall)	<b>Movie Night</b> (Play Hall)	<b>Movie Night</b> (Play Hall)
<b>7.00 pm</b>					<b>Bonfire and Smores</b> (Helios)	<b>Bonfire and Smores</b> (Helios)	

*All activities are for guests aged between 4 - 13 years.  
 No bookings are required. Activities are subject to change depending on weather conditions.*

