

SUMMER ENTERTAINMENT

10 – 16 JULY

KIDS CLUB OPEN DAILY

Open daily 9.30am-1pm and 2pm-5pm

Our dedicated Kids Club team is available to entertain your little ones with arts and crafts, fun and games (including outdoor activities), so you can enjoy some much needed rest and relaxation.

Available for children aged 6 weeks – 12 years for up to two hours per day, subject to availability. Booking is essential, call '020'.

Saturday 10

10.30AM-11.30AM – Saturday Sweat

Kickstart the weekend with a high-intensity workout. **S**

11AM-1.15PM – Surfing Lessons (ages 13+)

Take surfing lessons with Walking on Waves Surf School. We are running two sessions of 12 guests starting at 11am and 11.15am. Meet on the front lawn (by the gate to the path) as per your booked time. Booking essential. ☔☔

3.30PM-4PM and 4.15PM-4.45PM – Captain Coconut Show

Bring the kids to this fun show in the Activity Dome (or Studio, depending on weather). One adult required to accompany a group of more than three children. Booking essential. ☔

5PM-6PM – Moon Practice Yoga

Leave worries behind at this calming yoga session. **S**

Sunday 11

10AM-11AM – Yin Yoga

A nurturing yoga practice using floor-based asana. Ends with a guided meditation. Bring props if you have them – though not essential. **S**

Monday 12

8.30AM-9.30AM – Pilates

Low impact, physical conditioning and wellbeing class suitable for all levels. **S**

10AM-11AM – Workout of the Day

Boost cardiorespiratory fitness, muscular strength and endurance while improving flexibility, agility and balance. **S**

10AM-12.30PM – Tennis Lessons with Georgie

Hone your skills with a 30-minute lesson. We run four sessions: 10am (aged 9 and under), 10.40am (aged 10+), 11.20pm (adult beginners) and 12pm (adults, able juniors, intermediate). Meet at the tennis court at the appropriate age group time. Booking essential. ☔☔

3PM-3.40PM and 3.50PM-4.30PM – Ranger Russ

Join Ranger Russ and his creepy crawlies in the Activity Dome (or Studio, depending on weather). One adult is required to accompany a group of more than three children. Booking essential. ☔

6.30PM-7.30PM – Meditation

Calm the nervous system, reduce stress and anxiety and increase self-awareness. **S**

Tuesday 13

8.30AM-9.30AM – Sun Practice – Hatha Yoga

Yoga practice to make you feel energised. Culminates in a meditation. **S**

12PM-1PM – Full-body Workout

All fitness levels are catered for in this total-body workout which boosts endorphins. **S**

2PM-3PM (ages 4-7) and 3PM-4PM (ages 8+) – Spangles Circus Workshop

Join Spangles in the Activity Dome (or Studio, depending on weather) to learn circus skills and tricks. One adult required to accompany a group of more than three children. Booking essential. ☔

5PM – Spangles Circus Show

Kids show off their new circus skills to family and friends in the Activity Dome (or Studio, depending on weather). One adult required to accompany a group of more than three children. Booking essential. ☔

6.30PM-7.30PM – Evening Unwind Vinyasa Yoga

Mindful flow yoga class which releases tension and links movement and breathing. **S**

After-Dinner Family Quiz

Family quiz in The Studio with quizmaster Roger Lee. There'll be prizes! Spaces subject to availability. 🚶

Wednesday 14

8AM-9AM and 9.15AM-10.15AM – Pilates

Low impact, physical conditioning and wellbeing class for all levels. **S**

11AM-1.15PM – Surfing Lessons (ages 13+)

Take surfing lessons with Walking on Waves Surf School. To adhere to social distancing we are running two sessions of 12 guests starting at 11am and 11.15am. Meet on the front lawn (by the gate to the path) as per your booked time. Booking essential. ☔☔

2.30PM-3.30PM and 3.30PM-4.30PM – Go Kart Party!

Little ones can drive around our inflatable track. Includes games and medals. Ages 4-10 years. Meet on the helipad. Booking essential. ☔☔

4PM-5PM – Power Hour Bootcamp

All fitness levels are welcome at this full-body bootcamp. Modifications are applied throughout the workout to suit individual goals. **S**

5PM-6PM – Workout of the Day

Boost cardiorespiratory fitness, muscular strength and endurance while improving flexibility, agility and balance. **S**

Thursday 15

7AM-8AM – Energising Yoga

Prepare your body for the day with this dynamic and energising vinyasa yoga class. **S**

9AM-10AM – Power Hour Bootcamp

All fitness levels are welcome at this full-body bootcamp. Modifications are applied throughout the workout to suit individual goals. **S**

11AM-12.45PM – Junior Surfing Lessons (ages 5-12 years)

Take surfing lessons with Walking on Waves Surf School. We are running two sessions of 12 guests starting at 11am and 11.15am. Meet on the front lawn (by the gate to the path) as per your booked time. Under 10's must have a parent with them in the sea. Wetsuit provided. Booking essential. ☔☔

3PM-5.30PM – Tennis Lessons with Georgie

Hone your skills with a 30-minute lesson. We run four sessions: 3pm (aged 9 and under), 3.40pm (aged 10+), 4.20pm (adult beginners) and 5pm (adults, able juniors, intermediate). Meet at the tennis court at the appropriate age group time. Booking essential. ☔☔

3.30PM-4PM and 4.15PM-4.45PM – Merlin's Science Show

Watch Merlin's science show in the Activity Dome (or Studio, depending on weather). One adult required to accompany a group of more than three children. Booking essential. ☔

5PM-6PM – Reset and Unwind Yoga

Gentle flow yoga class suitable for all levels. **S**

After-Dinner Bingo

Head to The Studio after dinner for family-friendly bingo – with prizes! Subject to availability. 🚶

Friday 16

9.30AM-10.30AM – Feel-good Friday Flow Yoga

Uplifting and energising vinyasa yoga class. **S**

11AM-12PM – Functional Living (55+)

A class for those aged 55+ which helps improve posture correction, balance and stability. **S**

KEY

- ☔ Weather dependent
- ☔ Book via Guest Relations '042'
- S** Source Spa class. Book via Guest Relations '042'
- 🚶 Just turn up

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SPA TREATMENT MENU

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(or start your journey) this summer with help from seasoned pros, and score some exclusive discounts



SAVE 10% on surfing lessons

Saunton Sands Hotel guests **SAVE 10%** on summer 2021 lesson plans with Walking on Waves Surf School.

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Saunton Sands Hotel guests **SAVE 10%** on kit from Saunton Surf Hire.

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