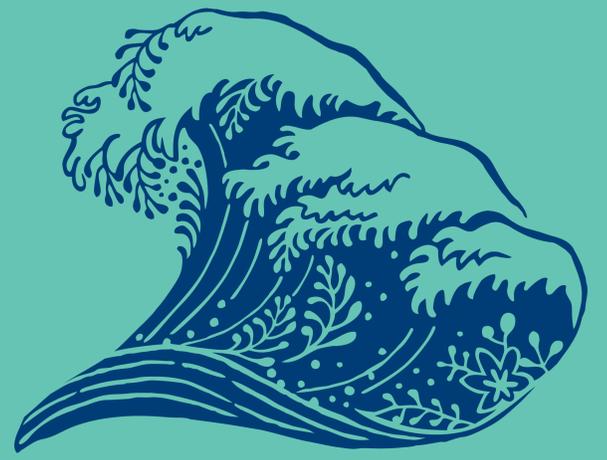


WHAT'S ON THIS

half term

15-22 FEBRUARY



SATURDAY 15

8AM-9AM + 9.30AM -10.30AM - Morning Yoga
Vinyasa Flow Yoga with Bay Fitness on the lawn or in The Studio. The best start to the day.



10AM-1PM - Arts and Crafts
Join the gang for arts and craft and fun and games in The Playroom.



11AM-12PM - Full body conditioning
Join us for weight training and agility drills to improve your physical and mental health.



1.30PM-4.30PM - Arts and Crafts
Join the gang for arts and craft and fun and games in The Playroom.



4.30PM-5.30PM - Coco-nuttiness
Come along and join in an hour's fun and craziness with Captain Coconut.



After Dinner to 11PM - DJ Roger Lee
Dance the night away in The Terrace Lounge at Roger's infamous disco.



SUNDAY 16

9AM-10AM - Tai Chi
Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Suitable for everyone from ages 13+.



10AM-1PM - Get crafty
Join in the fun with a mixture of arts and crafts in The Playroom.



1.30PM-4.30PM - Decorate & Make
Ceramic decorating, puppet making with The Playroom team. Plus at 2.15PM make pancakes with yummy toppings.



4PM-5PM - Table Tennis Tournament
Compete in our epic table tennis tournament in The Studio.



7PM-8PM - Meditation
Meditation is about coming back to yourself. Stepping away from the constant flow of distractions, demands and needs that occupy the mind, turning down the sound and picture of this flow and finding a state of calm.



After Dinner - Place Your Bets
Have a flutter at our ever-popular race night in The Terrace Lounge.



MONDAY 17

8.15AM - Early Bird Breakfast Club
Let us collect your little ones from your room and take them to breakfast while you have a well-deserved lie in.



8.30AM-9.30AM - Beginners Kickboxercise
This is a high-energy fitness class that combines martial arts techniques with fast-paced cardio.



10AM-1PM - Let's go Fly a Kite
Kite flying in the dunes with fun, games and shell collecting.



1.30PM-4PM - Cool Creations
Create your own wooden models, airplanes and more.



7PM-8PM - Pilates
Stretch with strength and control. Low impact physical conditioning class for all levels.



NEW 6PM-10PM - Relax and Unwind
Relax for the evening with a film and boardgames with the Kids Club (arrive in your PJ's if you'd like!) Ages 5+. Limited spaces, booking essential.



TUESDAY 18

8AM-8.30AM - Mind and Body Balance
This is a yoga-based class that includes exercises from Pilates and Tai Chi. The workout is designed to centre the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind.



9AM-10AM - Pilates
Stretch with strength and control. Low impact physical conditioning class for all levels.



10AM-1PM - Pirate Morning
Make treasure chests, hats and swords and sand art and wooden model making for the older ones.



1.30PM-4.30PM - Grab the Popcorn
Get comfy, relax and watch the latest movie with popcorn in The Playroom.



3PM - Circus Workshop
Join Spangles the Clown and learn some great circus skills in The Studio.



6PM-7PM - Circus Showtime
Time to show off your new circus skills to your family and friends with Spangles in The Studio.



After Dinner - Family Quiz
You won't want to miss out! It's our family quiz, with Roger Lee and prizes to be won.



WEDNESDAY 19

8AM-9AM - Morning Yoga
Vinyasa Flow Yoga with Bay Fitness on the lawn or in The Studio. The best start to the day.



10AM-11AM - Table Tennis Tournament
Compete in our epic table tennis tournament in The Studio.



10AM-1PM - Make and Bake
Make, bake and decorate your own delicious biscuits in The Playroom.



1.30PM-4PM - Cool Creations
Hamma bead designing, jewellery making and Lego fun.



4.30PM-5.30PM - Ranger Russ
Join Ranger Russ and his creepy crawlies in The Studio for a fabulous show for all the family.



NEW 6PM-10PM - Relax and Unwind
Relax for the evening with a film and boardgames with the Kids Club (arrive in your PJ's if you'd like!) Ages 5+. Limited spaces, booking essential.



7.30PM-8.30PM - Tai Chi
Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Suitable for everyone from ages 13+



THURSDAY 20

10AM-1.30PM - Adventure Walk
Join the Playroom team for a bug hunting adventure walk and scavenger hunt. Includes hot chocolate and a snack.



10.30AM-11.30AM - Workout with Kate
Join Kate for a mixture of weight-based exercises and a cardio session.



2.30PM-4.30PM - Cool Creations
Design your own puzzle or Rubik's cube.



4.30PM-5.30PM - Merlin's Science Show
As seen on Britain's Got Talent, join Merlin for his amazing science show in The Gallery.



7.15PM-8.15PM - Yoga
Evening Vinyasa Flow Yoga with Bay Fitness.



After Dinner - Eyes Down
Family fun bingo in The Terrace Lounge. Prizes to be won.



FRIDAY 21

7.30AM-8.15AM + 8.30AM-9.30AM - Pilates
Stretch with strength and control. Low impact physical conditioning class for all levels.



8.15AM - Early Bird Breakfast Club
Let us collect your little ones from your room and take them to breakfast while you have a well-deserved lie in.



10AM-1PM - Make and Bake
Make, bake and decorate your own delicious biscuits in The Playroom.



1.30PM-4.30PM - Découpage It
An afternoon with The Playroom team of découpage fun and wooden model making.



NEW 6PM-10PM - Relax and Unwind
Relax for the evening with a film and boardgames with the Kids Club (arrive in your PJ's if you'd like!) Ages 5+. Limited spaces, booking essential.



SATURDAY 22

8AM-9AM + 9.30AM-10.30AM - Morning Yoga
Vinyasa Flow Yoga with Bay Fitness on the lawn or in The Studio. The best start to the day.



10PM-1PM - Tie Dye
Join The Playroom team and design your own tie dye t-shirt.



11AM-12PM - Full body conditioning
Join us for weight training and agility drills to improve physical and mental health.



1.30PM-4.30PM - Fun and Games
Join in the fun with a mixture of arts, crafts, fun and games in The Playroom. Plus enjoy a movie.



4.30PM-5.30PM - Coco-nuttiness
Come along and join in an hour's fun and craziness with Captain Coconut.



After Dinner to 11PM - DJ Roger Lee
Dance the night away in The Terrace Lounge at Roger's infamous disco.



KEY

	Book at The Playroom
	Weather dependent
	Book at reception
	Just turn up
	Source Spa class

Please note the management reserve the right to alter the programme at any time

