

WHAT'S ON THIS

half term



19TH OCTOBER –
26TH OCTOBER 2019

SATURDAY 19

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.



NEW 11AM-12PM - Full body conditioning
Full body Conditioning is about weight training and agility drills to improve physical and mental health.



10AM-1PM - Popsicle-tastic
Make some delicious popsicle cookies and decorate them with funny faces in The Playroom. Plus get creative with some arts and crafts.



11AM-1PM - Walking on Waves
Surfing lessons with the Walking on Waves Surf School, for ages 10+. Limited spaces. Meet in reception at 10.50am.



1.30PM-4PM - Cool Creations
Decorate your own picture frame plus put together and paint wooden craft kits.



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



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



SUNDAY 20

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 including fish art, scratch art, sand art, model making and more!



1.30PM-4.30PM - Decorate & Make
Ceramic decorating, puppet making and yummy pancake fun with The Playroom team.



NEW 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 21

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



NEW 10AM-11.30AM - Tennis
This class will help all standards of player from complete beginners to nationally rated players.



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



1.30PM-3.30PM - Get Crafty
Join in the fun with a mixture of arts and crafts in The Playroom.



2.30PM-4PM - Junior Surfing
(5-10yrs only) Surfing lessons with the Walking on Waves Surf School. Limited spaces. Meet in reception at 1.50pm. A parent/guardian must attend.



3.30PM-4.30PM - Leap and Dodge
Volleyball and dodgeball with our Playroom team.



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 7PM-8PM - Zumba
Zumba is an exercise fitness programme, originating in Columbia. It's a total-body cardio and aerobic workout which has been proven to burn between 300-900 kcal in an hour long Zumba class.



TUESDAY 22

NEW 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-11AM + 11AM-12PM - Go Kart Party!
Boys and girls can drive around our inflatable track. Includes fun, games and medals. Ages 4-10.



10PM-12PM - Tie Dye
Design your own tie dye t-shirt, plus enjoy mosaic making.



1.30PM-2.30PM - Get Crafty
Join in the fun with a mixture of arts and crafts in The Playroom.



3PM-4PM - 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.



7PM - Strike a Pose
Capture wonderful #SauntonMoments with our photo booth.



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 23

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



10AM-1PM - Make and Bake
Mix, bake and decorate your biscuits for tonight's pyjama party.



11AM-1PM - Walking on Waves
Surfing lessons with the Walking on Waves Surf School, for ages 10+. Limited spaces. Meet in reception at 10.50am.



2.30PM-4.30PM - Den Building Zone
Our Playroom is open for den building, it's sure to be crazy and fun!



4PM-5PM - Jonathan Marshall's
Amazing Horse and Birds of Prey Show. This fantastic outdoor show is not to be missed - see you on the lawn.



7PM-10.30PM - Pyjama Party
Enjoy this fabulous evening with fun and games in The Studio. Limited spaces available.



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 24

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



10AM-2.30PM - Beach Fun
Join our Playroom team on the beach for some fun and games, crabbing and sandcastle making plus a picnic too!



2PM-4.30PM - Laser Clay Shooting
Have a whirl at laser clay shooting on the pitch and putt lawn. Young children must be accompanied by an adult.



3PM-4.30PM - Get Crafty
Arts and crafts fun of your choice in The Playroom.



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 25

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



10AM-3.30PM - Trick or Treat?
A fun day in The Studio including arts and crafts, trick or treating, apple bobbing, biscuit decorating, hat making and pumpkin carving.



4PM-5PM - Halloween Fun
Get in the Halloween spirit with spooky fun in The Studio.



SATURDAY 26

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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

