

# Summer

## SAUNTON SANDS HOTEL ENTERTAINMENT

### SUNDAY

#### 8.30am Breakfast Club

Relax, have a lie in and let us take your little ones for breakfast in The Terrace Lounge



#### 9am – 10am Tai Chi

Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. Suitable for everyone. Outside on the lawn if weather permits. From age 13+



#### 10am – 12pm Go Kart Party

Drive around our inflatable track and win yourself a medal. Limited spaces available. (4-10yrs only). Meet on the helipad. *Not available August 12*



#### 10am – 1pm Shell Finding

Join our playroom team to go hunting for sea shells and paint them back in The Playroom



#### 2pm – 4.15pm Pancake making

Join our Playroom team for pancake making and decorate them with lots of yummy toppings



#### 3pm – 6pm Inflatables

Enjoy a fun-filled 'inflatable' afternoon



#### AFTER DINNER: Race Night

Get those bets in! It's race night in The Terrace Lounge



### MONDAY

#### 9.30am – 10.30am Outdoor Bootcamp

Kick start your week with this fun and innovative outdoor group training bootcamp session designed for all levels. Meet in reception



#### 10am – 1pm Baking Fun

Make, bake and decorate your own muffins and crispy cakes



#### 11am – 12.30pm Kids Fitness Club

Keeping kids fit and healthy focusing on fun activities for children aged 5+. Meet in reception



#### 2pm – 3.30pm 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



#### 2.30pm – 4.30pm Water Fight & Den Building

It's splash time, on the lawn!



#### 3pm Table Tennis Competition

Join us in The Gallery for an exciting tournament



#### 6pm Ranger Russ

Join Ranger Russ in the Gallery and his mysterious world of creepy crawlies



#### 7pm – 10.30pm Pyjama Party

Join us in The Playroom for fun, games and tasty treats at our pyjama party! Limited spaces available



#### KEY:

BOOK AT THE PLAYROOM

WEATHER DEPENDENT

BOOK AT RECEPTION

JUST TURN UP

SOURCE SPA CLASS

### TUESDAY

#### 9am – 10am Pilates

Stretch with strength and control. Low impact physical conditioning class for all levels. Outside on the lawn if weather permits



#### 10am – 1pm Pirate Morning

Take a trip to the pirate ship and then make your own wooden and clay models in The Playroom



#### 10am – 11.15am Mermaid/man Experience

Want to be a mermaid or merman? Over 7's only. Meet in the indoor pool at 9.45am. Limited spaces. Children MUST be able to swim 25m unaided, be confident in water and tread water safely. Anyone wanting to be mermaids/mermen must pass a swim test at the start of the session.



#### 1.30pm – 4.30pm Playroom Fun

Our playroom is open for fun, games, arts and crafts



#### 3pm Spangles The Clown

Join Spangles and learn some great circus skills in The Gallery or on the lawn



#### 6pm Perform Your Circus Skills

Time to show off your new circus skills to your family and friends with Spangles in The Gallery



#### Summer Family Night

Family fun night with Saunton buffet, face painting, photobooth and Roger Lee's Summer Quiz in The Terrace Lounge.



### WEDNESDAY

#### 8am Morning Yoga

Vinyasa flow yoga with Bay Fitness. The best start to the day. Outside on the lawn if weather permits. From Age 13+



#### 10am – 1pm Popsicle Cookie Making

Make, bake and decorate your own scrummy popsicle cookies in the Playroom



#### 11am – 1pm Surfing Lessons

Surfing lessons with the Walking on Waves Surf School, for ages 10 and over. Limited spaces. Meet in reception at 10.50am



#### 1.30pm – 3.30pm Playroom Fun

Our playroom is open for fun, games, arts and crafts



#### 3.30pm – 4.30pm Volleyball & Dodgeball

On the lawn. Booking essential



#### 6pm Jonathan Marshall's Amazing Horse & Birds of Prey Show

This fantastic outdoor show is not to be missed! See you on the lawn



**NEW! AFTER DINNER Soul & Motown Night**  
Get your groove on and join in with 'Soulful Sensation' act in our Soul and Motown night



**PLEASE NOTE:** All our fitness classes are designed for all fitness levels and abilities. If weather permits classes will be outside. Bootcamp and kids fitness club may be taken to the beach. Please let the instructor know beforehand of any injuries or contraindications you have.

The management reserve the right to alter or change this programme at any time

### THURSDAY

#### 10am – 2pm Beach fun & picnic

Join Antonia and our playroom team on the beach for some fun, games and a picnic too!



#### 10am – 11am Junior Tennis Coaching

Meet on the tennis court for some expert tuition



#### 11am – 12pm Adult Tennis Coaching

Meet on the tennis court for some expert tuition



#### 3pm – 4.30pm Playroom Fun

Our playroom is open for fun, games, arts and crafts



#### 3pm Table Tennis Competition

Join us in The Gallery for an exciting table tennis tournament



#### 6pm 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 yoga with Bay Fitness. Outside on the lawn if weather permits. From age 13+



#### AFTER DINNER: Family Fun Bingo

Eyes down for a full house in The Terrace Lounge. Prizes to be won!



### FRIDAY

#### 8:30am Breakfast Club

Relax, have a lie in and let us take your little ones for breakfast in The Terrace Lounge



#### 10am – 1pm Tie Dye Fun

Join us in The Playroom and design your own tie dye t-shirt



#### 1.30pm – 4.30pm Arts & Crafts

Make your own keepsake boxes and put together your wooden car craft kits



#### 4pm – 5pm Volleyball and Dodgeball

On the lawn Booking essential



#### 5pm – 6pm Metabolic Resistance Training

High intensity, full body, fat burning training session combining cardio and strength training. Outside if weather permits. From age 13+



#### 7.30pm – 10pm Magician Dan Brazier

Enjoy Dan's magic show throughout the evening as he goes table to table



### SATURDAY

#### 8am Morning Yoga

Vinyasa flow yoga with Bay Fitness. The best start to the day. Outside on the lawn if weather permits. From age 13+



#### 10am – 4.30pm Day of Fun

Join us for our day of fun with games outside, ice cream making and arts & crafts. Which includes designing your own t-shirt, caps and water fights and more!



#### 11am – 1pm Surfing Lessons

Surfing lessons with the Walking on Waves Surf School, for ages 10 and over. Limited spaces. Meet in reception at 10.50am



#### 4pm – 5pm Junior Tennis Coaching

Meet on the tennis court for some expert tuition



#### 5pm – 6pm Adult Tennis Coaching

Meet on the tennis court for some expert tuition



#### 6pm Captain Coconut

Join this wonderful family entertainer in The Gallery for a brilliant show



#### AFTER DINNER: DJ Roger Lee

Dance the night away in The Terrace Lounge at Roger's infamous disco

