

Merry christmas

SATURDAY 23

■ **10am-1pm – Gingerbread Joy: Bake Decorate** Unleash your creativity by baking and decorating your very own gingerbread men, with more Arts and Crafts

■ **2pm-4.0pm – Festive Decoupage** Feel the festivities and design your own decoupage animals or get involved with Arts and Crafts.

CHRISTMAS EVE

■ **10am-3pm – Arts and Crafts** Design your own stockings and festive hats with a variety of arts and craft with the Ziggy Zaggs team.

■ **4pm-5pm Captain Coconut** Join Captain Coconut and his team in the Gallery for his jam-packed FESTIVE show.

■ **5pm-6pm Children's Buffet** Straight after Captain Coconut, enjoy a delicious buffet served in the Gallery. From 6pm – Fizz and Christmas Eve Dinner

■ **6pm-9pm Fizz and Christmas Eve Dinner** Join our management team for a pre-dinner drinks reception, followed by our special Christmas Eve dinner.

■ **9pm – Festive Fun** Swing by the Terrace Lounge for after-dinner festive fun with our management team. Includes traditional carols, songs and complimentary mulled wine.

CHRISTMAS DAY

■ **7.30am-10am – Big Day Breakfast** Welcome Christmas morning in style with a sumptuous Saunton breakfast. Book in advance.

■ **7am-12pm and 3pm-7pm – Source Spa** Squeeze in a little exercise or time in the spa. Book your Thermal Suite slot 24 hours in advance.

■ **11am-1pm – Meet Father Christmas** Father Christmas will be laden with gifts and waiting for little ones in Santa's Grotto. Pre-booking essential with Guest Relations.

■ **12.15pm-3.30pm – Christmas Lunch** Enjoy Christmas lunch served with all the trimmings at your decadent table. Booking in advance essential.

■ **6.30pm-9.30pm – Christmas Evening Supper** Tuck into a sumptuous Christmas night buffet.

■ **9pm – Big Prize Bingo** Don't miss out on tons of festive fun with our Big Prize Bingo in the Terrace Lounge.

BOXING DAY

■ **7.30am-11am – Boxing Day Breakfast** Before a day of Saunton adventures, fuel up with a delicious breakfast.

■ **8am-9pm – Source Spa** If you're feeling brave, start the day with the traditional Boxing Day dip in the sea or the outdoor (unheated) pool. A more gentle way to ease into Boxing Day is to soak away the excesses of Christmas in the Thermal Suite or do lazy laps in the indoor pool. Take the experience next level by treating yourself to a nourishing spa treatment.

■ **10am-3pm – Arts and Crafts** Join the Ziggy Zaggs team for a variety of fun art and crafts, including Hama Beads, Wooden crafts and more.

■ **11.30am – Annual Charity Walk** Join this year's annual charity beach walk. Participants will be rewarded with a warming drink and a sweet treat served on the beach by our management team. Meet on the front lawn at 10.55am

■ **1.30pm-3pm – Spangles Circus Skills** (ages 4+) Step right up to the Gallery and join Spangles the clown for a circus adventure! Learn awesome tricks and skills to amaze your friends and have a blast!

■ **4pm – Spangles Circus Show** Kids show off their new circus skills to family and friends in the Gallery.

■ **5pm – Children's Buffet** Straight after the joyous Spangles Show, enjoy a delicious buffet served in the Gallery.

■ **7.30pm – Boxing Day Gala Dinner** Exclusive and glamorous: our black tie gala dinner is a must-attend event in the Saunton calendar. Booking essential.

■ **After Dinner – Soul Sensation** A fabulous night of live soul and motown music by tribute act Soul Sensation.

WEDNESDAY 27

■ **10am-1pm – Christmas Candy Pops!** Join our Ziggy Zaggs team in the playroom to make your own marshmallow candy pops.

■ **2pm – Sleeping Beauty** Take the whole family to the Queen's Theatre in Barnstaple to watch the Christmas Pantomime. Tickets are booked on a first come first served basis by emailing: guestrelations@sauntonsands.com. Please note that transport is not provided and it is not a supervised show. Pre-booking in advance is essential.

■ **3pm – Race Afternoon** Place your bets please with an afternoon at the races! Join us in the Terrace Lounge.

■ **9pm – After Dinner Quiz** Join Roger Lee in the Terrace Lounge after dinner for the infamous Christmas quiz.

KEY:

- Call 020 to book
- Just turn up
- Call Guest Relations (042)
- Booking essential

SAUNTON SANDS

HOTEL | SOURCE SPA & WELLNESS

The management reserves the right to alter or change this programme at any time. ALLERGIES: If your children have any allergies, please advise the Playroom team before booking activities.



SOURCE CLASS

TIMETABLE

SATURDAY 23rd

5pm-6pm Moon Practice Hatha Yoga **NK**

CHRISTMAS EVE

No fitness classes today

CHRISTMAS DAY

No fitness classes today

BOXING DAY

8.30am-9.30am Sun Practise Hatha Yoga **NK**

11.15am-12pm All Style Dance Workout **NB**

12.15pm-1.15pm Full Body Workout **MM**

WEDNESDAY 27th

8am-9am or 9.15am-10.15am Pilates **MM**

8am-9am Coast and Cardio Beach Walk **NB**

10.30am-11.30am Silver Swans Ballet **NB**

THURSDAY 28th

7.30am-8.30am Energising Wake Up Yoga **JW**

11am-11.45am Pilates **NB**

5pm-6pm Align and Flow Yoga **JW**

FRIDAY 29th

8.15am-9.15am Feel Good Friday Flow Yoga **JW**

9.30am-10.30am Feel Good Friday Flow Yoga **JW**

6pm-7pm Breathwork **NK**

INSTRUCTORS:

AC Anna Clarke, NK Natasha King, MM Megan Martin,
NB Natasha Burgess, JW Jessica Wright

INFORMATION:

To book onto a class please see our Guest Relations Team or call 042 or 003
Classes will be either held on the front lawn or in the fitness Studio (weather dependent)
All classes are designed for all fitness levels and abilities and for ages 16+
Please let your instructor know of any injuries or contraindications

