

MAY HALF-TERM ACTIVITIES

25TH MAY - 1ST JUNE



*SURFING LESSONS If you're unable to make your pre-booked lesson please let Guest Relations know 12 hours beforehand. Failure to do so will result in a £25 charge (per person) applied to your room bill.

SATURDAY 25th

10am-1pm – Sour Dough Creations

Enjoy a morning of sour dough fun and a mixture of art and crafts.

11am-1.15pm – Surfing Lessons

(ages 10+)* Take surfing lessons with Walking on Waves Surf School. We will be running two sessions of 12 guests who will meet on the front lawn (by the gate to the path) at either 11am or 11.15am. Wetsuits and boards provided. Booking essential.

2pm-4.30pm – Art & Crafts Enjoy making some flower creations and wooden craft making.

4pm – Captain Coconut Join Captain Coconut and his team in the Gallery for his jam-packed show.

Evening Sounds Relax to the sounds of our pianist in the cocktail bar.

SUNDAY 26th

10am-1pm – Art and Crafts Enjoy a mixture of creative fun with our playroom team.

10am-12pm – Guided Walk and Talk

Join our fantastic guide Jon for an informative guided walk of Braunton Burrows and the historic WWII Matilda Tank. Approx. 3 miles (2 hour walk). Please dress weather appropriate and pack a drink. Meet outside our Guest Relations lounge at 9.50am.

11am-12.45pm – Junior Surfing Lessons (ages 4-10)*

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. All children must have a parent with them in the sea. Wetsuits and boards provided. Booking essential.

2pm-4.30pm – Sunday Afternoon Film Settle down for a relaxing sunday afternoon with a family flick.

2pm-4.30pm – Junior Pool Competition

Get your cues ready and test your skills on our new addition for 2024 - The Pool Table. Please meet in the studio.

After Dinner - Race Night Fancy a flutter? Join our race night in the terrace lounge.

MONDAY 27th

10am-12pm – Beach Explorers

Embark on a day of adventure and discovery at our Children's Beach Exploring Day.

10am-1pm – T-shirt Making Design your own funky t-shirt, with arts and crafts.

1:30pm-5pm – Rock Climbing

New for 2024 - Saunton's very own Climbing wall! Wait until you see the view at the top! - Meet on the lawn in front of 180° South.

2pm-4.30pm – Canvas Designs Create your own canvas design, wooden model making and Mandela rock art.

TUESDAY 28th

10am-1pm – Marble Ink Designs Watch the colours flow, creating mosaic coasters and picture frames.

10.15am-12.15pm – Tennis Lessons

Hone your skills with a coached tennis lesson by pro Georgie. Three sessions: 10.15am (aged 9 and under), 10.45am-11.25am (aged 10+ and beginners), 11.25am-12.15pm (adults, able juniors, intermediate). Meet at the tennis court. Equipment provided.

1.30pm-3pm – Spangles Circus Skills (ages 4+) Learn new circus skills and tricks with Spangles the clown. Meet on the lawn or in the Gallery if inclement weather.

2pm-4.30pm – Decoupage Afternoon

Enjoy an afternoon full of fun with decoupage animals and box designs.

4pm – Spangles Circus Show Kids show off their new circus skills to family and friends on the lawn or Gallery if inclement weather.

After Dinner – Family Quiz Family-friendly quiz night with Roger Lee in the Terrace Lounge. There'll be prizes!

WEDNESDAY 29th

10am-2pm – Beach Day

Games, Crabbing, Kite Flying, and Exploring the Dunes

11am – Putting Competition

Step onto the green and test your skills in a friendly competition that's perfect for players of all levels. Please meet on the putting green.

11am-1.15pm – Surfing Lessons

(ages 10+)* Take surfing lessons with Walking on Waves Surf School. We will be running two sessions of 12 guests who will meet on the front lawn (by the gate to the path) at either 11am or 11.15am. Wetsuits and boards provided. Booking essential.

3pm-4.30pm – Melted Beads

Hama Bead creations, use your imagination to create your own 3D model designs.

3pm – Magic Luke Join Magician Luke showing off his tricks in the Gallery.

4pm – Falconry Show Join Jonathon and his birds of prey on the front lawn.

THURSDAY 30th

10am-1pm – Cupcake Making Enjoy a morning of delicious cupcake making!

11am-12.45pm – Junior Surfing Lessons (ages 4-10)*

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. All children must have a parent with them in the sea. Wetsuits and boards provided. Booking essential.

2pm Table Tennis Competition

Calling all young athletes and ping pong enthusiasts to showcase their skills in an action-packed tournament designed just for kids.

2pm-4.30pm – Fun Outdoor Activities with the playroom team.

2.30pm-3.30pm & 3.30pm-4.30pm – Go Karting

Little ones can whizz around our inflatable track. Includes games and medals. Ages 4-10. Meet on the tennis court 5 minutes before your booked time.

4pm – Merlin's Science Show Watch Merlin's science show in the Gallery.

After Dinner – Cash Bingo Head to the Terrace Lounge after dinner for family-friendly bingo – with prizes!

FRIDAY 31st

10am-1pm – Design Your Own: Frisbee, Keepsake Box, Cushion.

2pm-4.30pm – Candy Pops Make your own Marshmallow Candy Pop with the playroom team

3pm-5pm – Tennis Lessons

Hone your skills with a coached tennis lesson. We run three sessions: 3pm (aged 9 and under), 3.30pm- 4.10pm (aged 10+ and beginners), 4.10pm-5pm (adults, able juniors, intermediate). Meet at the tennis court at the appropriate time. Equipment provided.

Saunton Sundowner

An evening of pure relaxation and bliss. Picture yourself reclining in our comfortable deck chairs, cocktail in hand. As the DJ plays against the backdrop of Saunton Beach.

SATURDAY 1st

10am-1pm – Tie-Dye With a variety of arts and crafts for all ages, - Make your own T-shirt.

11am-1.15pm – Surfing lessons (ages 10+)*

Take surfing lessons with Walking on Waves Surf School. We will be running two sessions of 12 guests who will meet on the front lawn (by the gate to the path) at either 11am or 11.15am. Wetsuits and boards provided. Booking essential.

2pm-4.30pm – Mandela Rock Art Enjoy an afternoon of Mandela rock art and cushion designs.

4pm – Captain Coconut Join Captain Coconut and his team in the Gallery for his jam-packed show.

Evening Sounds Relax to the sounds of our pianist in the cocktail bar.

KEY:

Call Guest Relations (042) Booking essential

Weather dependant

Call 020 to book

Just turn up

SAUNTON SANDS

HOTEL | SOURCE SPA & WELLNESS

SOURCE CLASS TIMETABLE

SATURDAY

9am (45 mins) Pilates **AW**
5pm (60 mins) Moon Practise Hatha Yoga **NK**

SUNDAY

10.15am (60 mins) Yin Yoga **NK**

MONDAY

8.30am (45 mins) Pilates **NB**
11.45am (60 mins) Chair Yoga **SM**
6.30pm (60 mins) Circuits **RH/MM**

TUESDAY

8.15am (60 mins) Sun Practice Hatha Yoga **NK**
9.45am (60 mins) Vinyasa Yoga **JW**
11.15am (45 mins) All Style Dace Workout **NB**
3pm (60 mins) Full-Body Workout **MM**
5pm (60 mins) HIIT **RH/MM**
6.15pm (45 mins) Yogalates **LK**

WEDNESDAY

8am (60 mins) Pilates **MM**
9.15am (60 mins) Pilates **MM**
5.15pm (60 mins) Pilates **LD**
6.30pm (60 mins) Burn It! **LD**

THURSDAY

7.30am (60 mins) Energising Wake Up Yoga **JW**
10.30am (60 mins) Zumba **NB**
5.15pm (60 mins) Vinyasa Yoga **JW**
6.30pm (60 mins) Sweat! **LD**

FRIDAY

6pm (60 mins) Breathwork **NK**

INSTRUCTORS:

NK Natasha King, **MM** Megan Martin, **NB** Natasha Burgess, **AW** Anna Weller
JW Jessica Wright, **SM** Sian Marie, **RH** Ruby Howse, **LK** Lenka Koubek, **LD** Luke Doyle

PLEASE ARRIVE A MINIMUM OF 5 MINUTES EARLY TO YOUR CLASS.
IF ARRIVING LATE WE CANNOT GUARANTEE ENTRY.

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

