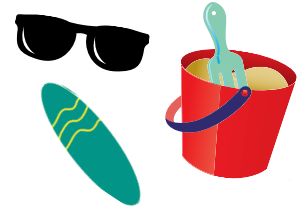


SUMMER ACTIVITIES



6TH - 12TH JULY



SATURDAY 6th

■ **10am-1pm – Art and Crafts** Enjoy a morning of creativity in the playroom.

■ ■ **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. Wetsuit and boards provided. Booking essential.

■ **2pm-4.30pm – Art and Crafts** Spend the afternoon making and creating fun things with our playroom team.

■ **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 7th

■ **10am-3pm – Art and Crafts** Let your imagination run wild with some crafty creations.

■ ■ **10am-12pm – Guided Walk and Talk**
Awaiting new walk information

■ ■ **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. Wetsuit and boards provided. Booking essential.

MONDAY 8th

■ **10am-12pm – Beach Explorer** xxxxx

■ **2pm-4.30pm – Arts and Crafts** Including construction art and making your own cushions to take home.

■ ■ **1.30pm-5pm – Climbing Wall** xxxxx

■ **4pm – Emazdad** Join Emazdad and his friends for a magical show in the Gallery

TUESDAY 9th

■ **10am-1pm – Art and Crafts** Enjoy a morning of mixed art and crafts.

■ ■ **10.15am-12.15pm – Tennis Lessons** Hone your skills with a coached tennis lesson by pro Georgie. We run 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 at the appropriate time. 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 and Marble Ink** Get creative with decoupage and marble ink fun.

■ **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 10th

■ **10am-1pm – T-Shirt Making** Design your own t-shirt to take home plus sand art fun!

■ ■ **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 gate to the path) at either 11am and 11.15am. Wetsuit and boards provided. Booking essential.

■ **2pm-3pm & 3pm-4pm – Go Karting** xxxxx

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

THURSDAY 11th

■ **10am-1pm – Biscuit Baking** Spend the morning baking and decorating yummy biscuits.

■ ■ **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. Wetsuit and boards provided. Booking essential.

■ **2pm-4.30pm – Decoupage Fun** Get stuck into some decoupage designs and a variety of art and crafts.

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

■ **After Dinner – Cash Prize Bingo** Head to the Terrace Lounge after dinner for family-friendly bingo hosted by Adam.

FRIDAY 12th

■ **10am-1pm – Wooden Craft Making** Show off your skills with wooden craft designs.

■ **2pm-4.30pm – Keepsake Boxes** Design your very own keepsake box to take home and enjoy some marble ink - watch the colours flow!

■ ■ **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.

■ **6pm onwards - Sundowner** An evening of pure relaxation and bliss. Picture yourself reclining in our comfortable deck chairs, cocktail in hand



***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.

KEY:

- Call 020 to book (booking advised)
- Just turn up
- Weather dependant
- Call Guest Relations (042) Booking essential

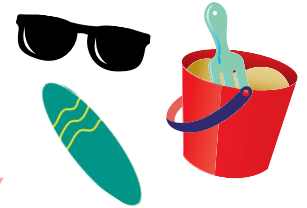
SAUNTON SANDS

HOTEL & SOURCE SPA

SUMMER ACTIVITIES



13TH JULY -
31st AUGUST



SATURDAY

■ **10am-1pm – Baking Morning** Enjoy some morning baking with the kids club plus a variety 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. Wetsuit and boards provided. Booking essential.

■ **2pm-4.30pm – Wooden Crafts** Enjoy an afternoon of wooden crafts, melted bead designs and decoupage.

■ **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

■ **10am-1pm – T-Shirt Making** Design your own t-shirt to take home and enjoy some mandella sand art fun!

■ **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 in reception 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. Wetsuit and boards provided. Booking essential.

■ **2pm-4.30pm – Pancake Making** Make pancakes with lots of tasty toppings and enjoy some ceramic painting.

■ **After Dinner - Soul Sensation** Join us for an evening of dancing with our soul and motown tribute act in the Terrace Lounge!

MONDAY

■ **10am-1pm – Candy-Pop Making** Chocolate marshmallow candy-pop making plus arts and crafts.

■ **2pm-3pm and 3pm-4pm – Go Kart Party!** Little ones can drive around our inflatable track. Includes games and medals. Ages 4-10 years. Meet on the tennis court 5 minutes before your booked session time. Booking essential.

■ **2pm-4.30pm – Wooden Crafts** Come and build your own delicious ice cream sundae with a variety of wooden crafts

■ **4pm - Emazdad** Join Emazdad and his friends for a magical show in the Gallery

TUESDAY

■ **10am-1pm – Decoupage Animals** Create decoupage animals and get creative with flowers with some wacky arts and crafts.

■ **10.15am-12.15pm – Tennis Lessons** Hone your skills with a coached tennis lesson by pro Georgie. We run 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 at the appropriate time. 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 – Origami** Enjoy some scratch, sand and paper art along with clay model making.

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

■ **7pm-10pm – Film Night** Book the children in for an evening movie night supervised by our kids club. Ages 5-12 years.

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

WEDNESDAY

■ **10am-2pm – Beach Day!** Join the Playroom team for fun at the beach with crabbing, beach games, kite flying and a picnic. Please provide sun hats and sun cream.

■ **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 gate to the path) at either 11am and 11.15am. Wetsuit and boards provided. Booking essential.

■ **3pm-4.30pm – Bingo and Mandella Rock art** - Join the Ziggy Zaggs team for some fun bingo and arts and crafts

■ **4pm – Falconry Show** Join Jonathon and his birds of prey on the front lawn (**PLEASE NOTE:** not available on the 16th August therefore Magic Luke will be performing)

THURSDAY

■ **10am-1pm – Tie-Dye Fun!** Create your own tie-dye t-shirt plus a mixture of art and crafts.

■ **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. Wetsuit and boards provided. Booking essential.

■ **2pm-4.30pm – 3D arts and crafts designs** Use your imagination to create some amazing 3d designs

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

■ **7pm-10pm – Film Night** Book the children in for an evening movie night supervised by our kids club. Ages 5-12 years.

■ **After Dinner – Cash Bingo** Head to the Terrace Lounge after dinner for family-friendly bingo hosted by Adam.

FRIDAY

■ **10am-1pm – Canvas and Fabric Designs** arts and crafts including melted beads and hama beads

■ **2pm-4.30pm – Mini Explorers** Spend the afternoon exploring the dunes with our playroom team. Plus marble ink designs. Please provide sun hats and sun cream.

■ **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.



***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.

KEY:

- Call 020 to book (booking advised)
- Just turn up
- Weather dependant
- Call Guest Relations (042) Booking essential

SAUNTON SANDS

HOTEL & SOURCE SPA

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

9am-9.45am Pilates AC
5pm -6pm Moon Practise Hatha Yoga NK

SUNDAY

9am-9.45am Pilates MM
10am-11am Yin Yoga NK

MONDAY

8.30am-9.15am Pilates NB
2pm-3pm All Style Dance Workout NB
6.30pm-7.30pm Meditation NK

TUESDAY

8.30am-9.30am Sun Practise Hatha Yoga NK
10am-11am Energising Wake Up Yoga JW
12pm-1pm Full Body Workout MM
NEW! 3pm-3.45pm Teen Bootcamp (outside, age 11-16) NB
This total-body workout caters to all junior fitness levels, targeting abs, glutes, strength, and cardio.
5.15pm-6.15pm Embodied Yoga CH
6.30pm-7.30pm Journaling & Mindfulness CH

WEDNESDAY

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

7.30am-8.30am Energising Wake Up Yoga JW
9.30am-10.30am Full Body Workout JW
5pm-6pm Align and Flow Yoga JW

FRIDAY

9.30am-10.30am Feel Good Friday Flow Yoga JW
NEW! 10am-10.45am Teen Pilates (outside, age 11-16) NB
Be kind to your body with this low-impact, physical conditioning and well-being class for all junior levels.
2pm-3pm Zumba NB
6pm-7pm Breathwork NK

INSTRUCTORS:

AC Anna Clarke, NK Natasha King, MM Megan Martin, NB Natasha Burgess,
JW Jessica Wright, CH Coral Hawkins, RC Rob Cook

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

INFORMATION:

To book 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.

