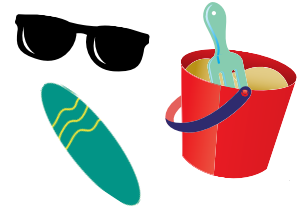


SUMMER ACTIVITIES



6TH - 12TH JULY



SATURDAY 6th

■ **10am-1pm – Arts & Crafts** Let your imagination run wild with some crafty creations.

■ ■ **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 – 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 7th

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

■ ■ **10am-12pm – Guided Walk and Talk** Join our seasoned regular walking guide John for a morning walk and talk and experience some of the very best coastal scenery. Meet in Guest Relations.

■ ■ **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.

MONDAY 8th

■ ■ **10am-11.30am – Beach Explorer** Embark on an adventure and discovery as younger guests are invited to go on a fun, engaging and informative ramble with an experienced local guide, John Ward. Meet in Guest Relations.

■ **10am - 1pm - Candy Pops** Make your own Marshmallow Candy Pop with the playroom team.

■ **2-4.30pm – Design Your Own:** Frisbee and Cushion.

■ ■ **1.30pm-5pm – Climbing Wall** 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.

TUESDAY 9th

■ ■ **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.

■ **4pm – Spangles Circus Show** Children show off their new circus skills to family and friends on the lawn or in the 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 funky arty t-shirt to take home.

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

■ **2pm-4.30pm – Canvas Designs** Create your own canvas design.

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

THURSDAY 11th

■ **10am-1pm – Imagination!** Sand art, paper art, creations with arts 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. Wetsuits and boards provided. Booking essential.

■ **2pm-4.30pm – Get Creative!** Enjoy wooden craft making.

■ **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.

FRIDAY 12th

■ **10am-1pm – Decoupage Designs** Plus keepsake boxes, craft making and wooden designs.

■ **2pm-4.30pm – Mandela Rock Art** Enjoy an afternoon of Mandela rock art.

■ ■ **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.

■ **6.30pm - Saunton Sundowner** An evening of pure relaxation and bliss. Picture yourself reclining in our comfortable deck chairs, cocktail in hand whilst listening to the tunes of DJ Laird.



KEY:

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

***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.

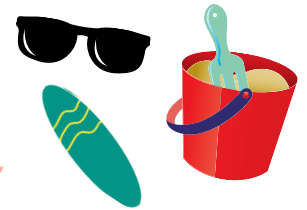
SAUNTON SANDS

HOTEL & SOURCE SPA

SUMMER ACTIVITIES



13TH JULY -
31st AUGUST



SATURDAY

■ **10am-1pm – Baking Morning** Enjoy the morning baking with the Playroom team plus a variety of arts 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 – 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 Brian Payne in the Cocktail Bar.

SUNDAY

■ **10am-1pm – T-Shirt Making** Design your own t-shirt to take home and enjoy some Mandela rock art.

■ **10am-12pm – Guided Walk & Talk** Join our seasoned regular walking guide John for a morning walk & talk and experience some of the very best coastal scenery. Meet in Guest Relations.

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

■ **2pm-4.30pm – Junior Pool Competition** New for 2024 - The Pool Table. Get your cues ready and test your skills. Meet in the Studio.

■ **Silent Disco** - Dance to your own rhythm in blissful silence as the beats pulse through your headphones in the Terrace Lounge.

MONDAY

■ **10am-11.30am – Beach Explorer** Embark on an exciting adventure where young explorers are invited to join an engaging and informative ramble led by experienced local guide, John Ward. Meet in Guest Relations.

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

■ **13.30pm-5pm – Climbing Wall** 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 – Wooden Crafts** Keep sake boxes, flower making and a variety of other wooden crafts.

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** Children 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

■ **10am-2pm – Beach Day!** Join the Playroom team for fun at the beach with crabbing, beach games, and kite flying. Please provide sun hats and sun cream. (ages 4+)

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

■ **3pm-4.30pm – Bingo & Mandela Rock Art** - Join the Playroom team for some fun bingo and arts and crafts.

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

■ **4pm – Falconry Show** Join Jonathan and his birds of prey on the front lawn. (Not available on 16th August, Magic Luke will be performing)

KEY:

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

THURSDAY

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

■ **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 – 3D Arts & Crafts Designs** Use your imagination to create some amazing 3D designs with the Playroom team.

■ **2pm Table Tennis Competition** Calling all young athletes and ping pong enthusiasts to showcase their skills in an action-packed tournament designed just for children.

■ **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.

FRIDAY

■ **10am-1pm – Canvas & Fabric Designs** Enjoy 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. Ages 4+.

■ **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.

■ **6.30pm – Saunton Sundowner** An evening of pure relaxation and bliss. Picture yourself reclining in our comfortable deck chairs, cocktail in hand whilst listening to the tunes of DJ Laird.



***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.

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

SUNDAY

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

MONDAY

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

TUESDAY

8.30am (60mins) Sun Practice Hatha Yoga **NK**
9.45am (60mins) Vinyasa Yoga **JW**
3pm (60mins) Full-Body Workout **MM**
5pm (60mins) HIIT **RH/MM**
6.15pm (45mins) Yogalates **LK**

WEDNESDAY

8am (60mins) or 9.15am (60mins) Pilates **MM**
5.15pm (60mins) Pilates **LD**
6.30pm (60mins) Burn it **LD**

THURSDAY

7.30am (60mins) Energising Wake Up Yoga **JW**
10.30am (45mins) Zumba **NB**
5.15pm (60mins) Vinyasa Yoga **JW**
6.30pm (60mins) Sweat **LD**

FRIDAY

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

INSTRUCTORS:

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

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.

