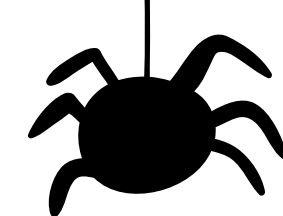


OCTOBER ACTIVITIES

19 October - 2 November



SATURDAY

10am-1pm – Make, Bake & Decorate
Bake and decorate your own cake! alongside 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. Wetsuit and boards provided. **Booking is essential. (Please call Guest Relations 042)**

2pm-4.30pm – Craft Afternoon Use your imagination for a variety of crafts with the 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

10am-1pm – T-Shirt Making Design your own funky t-shirt and dive into the world of arts and crafts!

11am-1.15pm – Junior Surfing lessons (4-10)* 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. All children must have a parent with them in the sea. Wetsuit and boards provided. **Booking is essential. (Please call Guest Relations 042)**

2pm-4.30pm – Pancake Making With Yummy toppings, plus sand-art and ceramics

Silent Disco - Dance to your own rhythm in blissful silence as the beats pulse through your headphones in the terrace lounge



*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.

MONDAY

10am-1pm – Pumpkin Carving Create your own pumpkin design with arts and crafts

10am-12pm – Guided Walk & 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 guest relations at 9.50am.

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 is essential. (Please call Guest Relations 042)**

2pm-4.30pm – Arts & Crafts Variety of canvas and fabric designs Let your imagination run wild!

4pm – Kim's Animal Magic Get up close with some creepy crawlies if you're brave enough!

TUESDAY

10am-1pm Decoupage Create your own creepy spiders and monsters

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 – Melted Bead Designs and Marble ink, watch the colours flow!

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-1pm – Dune Gliding Fly your kites and Gliders through the Sands Dunes on Saunton Beach, with a hot chocolate to keep you warm.

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 is essential. (Please call Guest Relations 042)**

2pm-4.30pm – Playroom Bingo Get your 'dabbers' ready - alongside wooden arts and crafts

4pm – Magic Luke Join us in the gallery for a magical show



THURSDAY

10am-1pm – Trick or Treat? Halloween Pumpkin carving, with trick or treating and arts and crafts.

11am-1.15pm – Surfing Lessons (ages 4-10)* 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. All children must have a parent with them in the sea. Wetsuit and boards provided. **Booking is essential. (Please call Guest Relations 042)**

2pm-4.30pm – Halloween crafts The pumpkin carving and creepy crafts continue.

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

After Dinner - Family Bingo Head to the terrace lounge after dinner for family-friendly bingo with Prizes!

FRIDAY

10am-2pm –Mandela Rock Art with Melted beads and Hama beads

3pm Junior Pool competition - New for 2024 - The Pool Table. Get your cues ready and test your skills. Meet in the studio

3pm-4.30pm – Wooden Crafts Mirrors, Boxes, Planes, Animals!

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

SATURDAY

10am-1pm – Make, Bake and Decorate Bake and decorate your own cake! alongside 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. Wetsuit and boards provided. **Booking is essential. (Please call Guest Relations 042)**

2pm-4.30pm – Craft Afternoon Use your imagination for a variety of crafts with the team.

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



KEY:

Call 020 to book

Just turn up

Weather dependant

SOURCE CLASS TIMETABLE

SATURDAY

9am (45mins) Pilates **AW**
5pm (60 mins) 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

8.15am (60mins) Sun Practise Hatha Yoga **NK**
9.45am (60mins) Vinyassa Yoga **JW**
11.15am (45mins) All Style Dance Workout **NB**
3pm (60mins) Full Body Workout **MM**
5pm (60mins) HIIT **RH/MM**
6.15pm (45mins) Yogalates **JW**

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

INSTRUCTORS:

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

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

