



FEBRUARY

14 - 21 ACTIVITIES



14 SATURDAY

- **9am (45mins) Pilates** with Helen Tudge
- **10am-1pm Arts & Crafts** A fun variety of arts and crafts with our Playroom team
- **2pm-4.30pm Arts & Crafts** Enjoy a fun filled afternoon full of arts and crafts
- **4pm Gizmo** entertains the Children in the Gallery.
- **5pm (60mins) Moon Practise Hatha Yoga** with Molly Cumming
- **Evening Sounds** Relax to the sounds of our pianist in the cocktail bar

15 SUNDAY

- **10am-1pm Arts & Crafts** Enjoy a morning of arts and crafts
- **10.15am (60mins) Yin Yoga** with Molly Cumming
- **11.30am (60mins) Breathework** with Georgie Morris
- **2pm-4.30pm Design your own notebook** Arts and crafts including wooden creations
- **3pm Junior Pool Competition** Please meet in the Gallery
- **After Dinner -Silent Disco** Swing by the Terrace Lounge for after-dinner disco fun with our silent disco.

16 MONDAY

- **8.30am (45mins) Pilates** with Sian Marie
- **10am-1pm T-shirt Decorating** Decorate funky t-shirts to take home plus fun arts and crafts
- **11.45am (60mins) Chair Yoga** with Sian Marie
- **2pm-4.30pm Mandela rock art and canvas designs** Show off your skills and creations
- **4pm Crazy Kev and Dinky Dino** in the Gallery for the children
- **5.15pm (60mins) Twilight Vinyasa Yoga** with Molly Cumming
- **6.30pm (60mins) Yin Yang Restore** with Molly Cumming

KEY:

- Call our Playroom on 020 to book
- Just turn up
- Weather dependant
- Call Guest Relations (042) Booking essential
- Residents Class Timetable

17 TUESDAY

- **8.15am (45mins) Sun Practise Vinyasa Yoga** with Molly Cumming
- **9.15am (45mins) Sun Practise Vinyasa Yoga** with Molly Cumming
- **10am-1pm Marshmallow candy pop making** with decoupage!
- **1.30pm-3pm Spangles Circus Skills (ages 4+)** Learn new circus skills and tricks with Spangles the clown. Meet in the Gallery
- **2pm-4.30pm Arts & Crafts** with abstract art creations!
- **3pm (60mins) Full Body Workout** with Rhys Smith
- **3pm-4.30pm Pancakes with delicious toppings** and ceramic designs
- **4pm Spangles Circus Show** Kids show off their new circus skills to family and friends in the Gallery

- **6pm (60mins) Twilight Vinyasa Yoga** with Molly Cumming
- **After Dinner - Family Quiz Night** Don your thinking caps and join our resident Quiz Master In the Gallery

18 WEDNESDAY

- **8am (60mins) Pilates** with Sian Marie
- **9.15am (60mins) Pilates** with Sian Marie
- **10am-1pm Fun on the beach!** with toasted marshmallows
- **11.45am (60mins) Chair Yoga** with Sian Marie
- **2pm-4.30pm Bingo Lingo 2pm - 3pm** Join Ziggy Zaggs Team for fun and games, followed by box creations designs
- **2pm-4pm Go Kart Fun** Please book your session with Guest Relations
- **5.15pm (60mins) Pilates** with Luke Doyle
- **6.30pm (60mins) Bootcamp** with Luke Doyle

19 THURSDAY

- **7.30am (60mins) Energising Wake Up Yoga** with Luke Doyle
- **9.15am (60mins) Full Body Workout** with Luke Doyle
- **10am-2pm Tie-Dye t-shirts** with your own creative designs
- **4pm Merlin's Science Show** Watch Merlin's science show in the Gallery
- **5.15pm (60mins) Bootcamp** with Luke Doyle
- **6.30pm (60mins) Stretch & Release** with Luke Doyle
- **After Dinner - Cash Prize Bingo** Head to the Terrace Lounge after dinner for family-friendly bingo – with cash prizes!

20 FRIDAY

- **9.15am (60mins) Feel-Good Friday Flow Yoga** with Lenka Koubek
- **10am-1pm Canvas Designs** with wooden crafts
- **10:30am (60mins) Pilates** with Liz Cobley
- **2pm-4.30pm Mosaic designs** with sand scratch foil art!

21 SATURDAY

- **9am (45mins) Pilates** with Helen Tudge
- **10am-1pm Cushion Making** with 3D designs
- **2pm-4.30pm Design your own notebook** with hama beads and melted beads
- **4pm Entertainingly Different** - Childrens entertainment in the Gallery
- **5pm (60mins) Moon Practise Hatha Yoga** with Molly Cumming
- **Evening Sounds** Relax to the sounds of Brian Payne in the cocktail bar

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.

