	1	Activities Schedule SUNC MONDAY TUESDAY WEDNESDAY THURSDAY							¥ Paid Program K For Kids <inquiries 9="" guests="Dial" stay="" visitor="098-901-1111</th" ≥=""></inquiries>					
	SUNDAY V	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
			16		17		18		19		20		21	
		11:00am 11:30am	Super ball scoop(K)	11:00am 11:45am	"CHURA-UMI" Painting(K) ¥	11:00am 11:30am	Treasure Hunt ! (K)	11:00am 11:45am	Handmade Photo Frame(K)¥	11:00am 11:30am	Water Balloon Fishing(K)	8:00am 8:30am	Garden Yoga¥ Intensity★☆☆	
		3:30pm 4:15pm	Handmade Gel Candle(K)¥	3:30pm 4:00pm	Balloon Art(K)	3:30pm 4:15pm	Clay Shisa Lamp Making(K)¥	3:30pm 4:00pm	Struck Out(K)	3:30pm 4:15pm	Handmade Accessories(K)¥	11:00am 11:30am	Shooting Game(K)	
										6:00pm 6:30pm	Battle Rope Workout¥ Intensity★★★	3:30pm 4:15pm	Hand made Seashell Keyring(K)¥	
	22		23		24		25		26		27		28	
8:15am 8:45am	SUP Trial Course¥ Intensity★☆☆	11:00am 11:30am	Fishing Game(K)	11:00am 11:30am	Struck Out(K)	11:00am 11:45am	Original Magnet Making(K)¥	11:00am 11:30am	Treasure Hunt!(K)	11:00am 11:45am	Clay Shisa Lamp Making(K) ¥	11:00am 11:30am	Struck Out(K)	
11:00am 11:30am	Monster Hunt!(K)	3:30pm 4:15pm	"SHISA" Painting(K)¥	3:30pm 4:15pm	"Uchinaa" Craft(K)¥	3:30pm 4:00pm	Ladder Ball(K)	3:30pm 4:15pm	"CHURA-UMI" Painting(K)¥	3:30pm 4:00pm	Balloon Art(K)	3:30pm 4:15pm	Seashell Craft(K)¥	
3:30pm 4:15pm	Handmade Gel Candle(K)¥									6:00pm 6:45pm	Sunset YOGA¥ Intensity★☆☆	6:00pm 6:30pm	Martial Shape¥ Intensity★★☆	
	29		30											
8:15am 8:45am	SUP Exercise¥ Intensity★★☆	11:00am 11:30am	Shooting Game(K)											
11:00am 11:45am	"SHISA" Painting(K)¥	3:30pm 4:15pm	Hand made Seashell Keyring(K)¥											
3:30pm 4:00pm	Molkky(K)													
	Reception: Indoor pool counter <pre></pre>													

Original Memories Magnet Handmade Photo Frame Put your memories of beautiful ocean in magnet / 1,500JPY

You can make your one and only photo frame with sea shells and some painting / 1,500 JPY $\,$

Paint "Whale shark", "Manta" or "SHISA" with your favorite colors. Whale shark, Manta 2,000JPY / SHISA pair 2,500JPY "CHURA-UMI" & "SHISA" Painting

Mold the clay outo the lamp and create your own "Shisa". /1,500JPY "Uchinaa" Craft

Gramineae plants are planted 'vetiver' around fields to prevent red soil from flowing into the sea. Try weaving these leaves to make wall decorations or bracelets/500JPY Put decorative sand and objects in the glass container and make your own Gel candlel ** Including 2glass objects or plastic objects/2,000 JPY Let's make your original "SHISA" or "Turtle" by combining several shells! /1,500 JPY Handmade Gel Candle

Seashell Craft

Handmade Seashell Keyring Let's make your original seashell keyring!/1,000JPY

(21th International Day of Yoga, Special Activity)

Beginners are welcomel Come enjoy yoga by trying poses you have seen before, or by supporting each other while doing poses together.

Reservation required. Venue: Oval Garden (Cascade side lawn area) Participants: Must be age 16 years or older Guests: Free Visitors: ¥1,000 8:00-8:30

Notice Children age under 18 must be accompanied by parental quardian. In case of bad weather, activities may be cancelld. We ask for your understanding

**Reservation required. **Minimum number of participants : 2

Price : Guests 1,000JPY (Tax included) / Visitors 2,000JPY (Tax included) **Some programs have different fees.

: Depends on the program

Participants: Must be age 16 years or older.

Reservation acceptance end time: Until 30 minutes before the program start time on the day.

—Stretches the muscles of the whole body in a well-balanced manner and leads to a relaxed state both physically and mentally (30min)—Just hold the rope in each hand, and move it rhythmically up and down (30min)

Battle Rope Workout Martial Shape

-Fitness program inspired by kickboxing and boxing.(30min)

Balance Ball Exercise -The balance ball stimulates the inner muscles of the trunk and corrects the distortion of the body (30min) Beginners are welcome. Relax with gentle yoga against the setting sun. (45min)

Fitness Camp
Fitne

Seaside Running SUP Trial Course

Choice of 2 oceanfront jogging course (Araha Course 3 km / Sunabe Course 4 - 6 km).

Once you have mastered the basics, from standing practice to cruising, you can try your hand at balance games! (3,500JPY)
Try a simple workout on the SUP (3,500JPY)

After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY)

<Notice> There is a limit of capacity for each program. Prior reservations is recommended. Program schedule may changed or become cancel due to weather conditions.





