

November

Activities Schedule

P Paid Program K For Kids
< Inquiries > Stay Guests - Dial 9 / Visitor - 098-901-1111

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
												16	
												11:00am 11:45am	Hand made Seashell Keyring(K) ¥
												3:30pm 4:00pm	Water Balloon Fishing(K)
												4:30pm 5:15pm	SUP Step up Course ¥
17		18		19		20		21		22		23	
11:00am 11:30am	Struck Out(K)	11:00am 11:30am	Super ball scoop(K)	11:00am 11:30am	Monster Hunt(K)	11:00am 11:45am	"CHURA-UMI" Painting(K) ¥	10:00am 10:45am	SUP Step up Course ¥	11:00am 11:30am	Shooting Game(K)	9:00am 9:30am	Relaxation Stretch Intensity★
3:30pm 4:15pm	Handmade Photo Frame(K) ¥	3:30pm 4:00pm	"Fuwa fuwa" Game(K)	3:30pm 4:15pm	"Uchinaa" Craft(K) ¥	3:30pm 4:00pm	Struck Out(K)	11:00am 11:30am	Fishing Game(K)	3:30pm 4:15pm	Hand made Seashell Keyring(K) ¥	10:00am 10:30am	Handmade Photo Frame(K) ¥
4:00pm 4:45pm	SUP Step up Course ¥			4:00pm 4:45pm	SUP Step up Course ¥	4:00pm 4:30pm	Battle Rope Workout ¥ Intensity★★★	3:30pm 4:15pm	Handmade Accessories(K) ¥	4:30pm 5:15pm	Sunset YOGA ¥ Intensity★	11:00am 11:30am	Martial Shape Intensity★★
												3:00pm 3:30pm	Exercises to Improve Alignment
												4:00pm 4:45pm	• Treasure Hunt(K) • Seashell Keyring(K) • Yoga
24		25		26		27		28		29		30	
11:00am 11:30am	Monster Hunt(K)	11:00am 11:45am	Original Magnet Making(K) ¥	11:00am 11:30am	Ladder Ball(K)	11:00am 11:30am	Shooting Game(K)	10:00am 10:45am	SUP Step up Course ¥	11:00am 11:45am	Handmade Photo Frame(K) ¥	11:00am 11:30am	Treasure Hunt ! (K)
3:30pm 4:15pm	Handmade Gel Candle(K) ¥	3:30pm 4:00pm	Balloon Art(K)	3:30pm 4:15pm	Shisa Lamp Made from Clay(K) ¥	11:30am 12:00pm	Kid's Swimming Classes Beginner ¥	11:00am 11:30am	Struck Out(K)	3:30pm 4:00pm	Fishing Game(K)	3:30pm 4:15pm	Handmade Gel Candle(K) ¥
4:00pm 4:45pm	SUP Step up Course ¥			4:00pm 4:45pm	SUP YOGA ¥	12:00pm 12:30pm	Kid's Swimming Classes Intermediate ¥	3:30pm 4:15pm	Seashell Craft(K) ¥	4:30pm 5:15pm	Sunset YOGA ¥ Intensity★	4:00pm 4:45pm	SUP Step up Course ¥
Monster Hunt! Treasure Hunt! Fishing Game "FuwaFuwa" Game Cornhole Ladder ball		Let's find the monsters hidden around the pool and in the grass! Underwater Treasure Hunt - Look for eegs hidden in the pool or in the grass. You might find something inside the eegs...! Toy fishing game. Play ring toss game, and catch the flying disc toy! Aim for a high score! Add points by throwing beanbags at the holes! Two balls connected by a string are thrown toward the ladder to score points.											
<Paid Program> ※Reservation priority. Please note that the number of participants may be limited depending on the congestion situation. Handmade Accessories Make your original accessories! You can select your favorite parts and put them into the small glass dome. ※Necklace or hair tie / 1,000JPY		Original Memories Magnet Put your memories of beautiful ocean in magnet. / 1,500JPY Handmade Photo Frame You can make your own and only photo frame with sea shells and some painting / 1,000JPY "CHURA-UMI" & "SHISA" Painting Paint "Whale shark", "Manta" or "SHISA" with your favorite colors. Whale shark, Manta 1,800JPY / SHISA pair 2,200JPY Shisa lamp made from clay Mold the clay out the lamp and create your own "Shisa". / 1,800JPY "Uchinaa" Craft Gramineae plants are planted "velvet" around fields to prevent red soil from flowing into the sea. Try weaving these leaves to make wall decorations or bracelets! / 500JPY Handmade Gel Candle Put decorative sand and objects in the glass container and make your own Gel candle! ※Including 20less objects or elastic objects / 1,800JPY Seashell Craft Let's make your original "SHISA" or "Turtle" by combining several shells! ¥ 1,500 Handmade Seashell Keyring Let's make your original seashell keyring! / 1,000JPY <Notice> Children age under 18 must be accompanied by parental guardian. In case of bad weather, activities may be cancelled. We ask for your understanding.											
※Fitness Program 1,000JPY ※Reservation required. ※Minimum number of participants : 2 Price : Guests 1,000JPY (Tax included) / Visitors 2,000JPY (Tax included) Reception : Indoor Pool - Poolside Counter ※Please arrive 5 minutes before starting time. Venue : 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. Relaxation stretch — Stretches the muscles of the whole body in a well-balanced manner and leads to a relaxed state both physically and mentally. (30min) Battle Rope Workout — Just hold the ropes in each hand, and move it rhythmically up and down. (30min) 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) Sunset YOGA — Beginners are welcome. Relax with gentle yoga against the setting sun. (45min) Fitness Camp — By moving in a fun way, the function of the body improves, anyone can smile naturally, and refresh the mind and body. (45min) (※Minimum number of participants : 4) Kid's Swimming Classes (※Age: 7 or 5 years old. Participation capacity: 3 children. 1 — Beginner's Class — Intermediate course — To learn basic swimming skills. E.g. Flutter kick, Pushing off the wall etc... — To help children improve their skills on 1 stroke (backstroke, freestyle, etc) contents vary depending on the day. SUP Step up Course Once you have mastered the basics, from standing practice to cruising, you can try your hand at balance games! (4,500 yen) SUP YOGA After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500 yen)		<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. ※Morning hour programs will be determined by 6pm of the day before. Afternoon and evening hour programs will be determined by 12pm that day. Inquiries : Please feel free to dial '9' from your room phone for any inquiries. Visitors = 098-901-1111											

