

RECREATION PROGRAMME

ACTIVITIES BASED AT THE RESORT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	Morning Jog / Abs exercise			Morning walk / Breathing exercise	Morning jog / Stretching exercise	Morning jog / Stretching exercise	Detox walk / Stretching exercise
09:00	Yoga initiation	Beach workout / Tennis discovery for adults	Resort circuit training	Boxing training**	Pilates	Boot camp	Stretching exercise
10:00	Beach volleyball	Garden tour / Tennis discovery for kids	Guided electric bike tour*	Beach volleyball	Garden tour	Beach soccer	Guided electric bike tour*
10:30		Diving initiation**			Diving initiation**		
11:00	Bocce ball / Core training	Bocce ball / Aqua gym	Bocce ball / High intensity training	Bocce ball / Aqua gym	Bocce ball / Stretching exercise	Bocce ball / Aqua gym	Bocce ball / Weight training
14:00	Table tennis / Pilates	Archery initiation	Billiard	Abs workout / Archery initiation	Carom initiation / Core training	Archery initiation / Cardio training	Table tennis / Low intensity training
15:00	Beach tennis	Water polo game	Basketball game	Beach tennis	Water polo game	Basketball game	Beach tennis
15:30 - 17:00	Tennis drill mixer*		Tennis drill mixer*		Tennis drill mixer*	Tennis drill mixer*	
16:00	Mini football / Boot camp	Beach volleyball	Mini football	Bocce ball competition / Boxing training**	Beach volleyball / Beach workout	Bocce Ball competition / High intensity training	Beach volleyball / Boxing training**
17:00	Sunset walk / Stretching Exercise	Stretching & Breathing exercise	Sunset jog / Stretching exercise	Stretching & Breathing exercise	Yoga initiation	Sunset jog / Stretching exercise	Sunset walk / Stretching exercise
18:00	Karaoke fun	Beer pong	Drumming fun	Beer pong	Drumming fun	Beer pong	Karaoke fun

For more information or reservations of the above activities, please contact the Recreation Centre, located at the Active-T Club or Dial 0.

WATER SPORTS ACTIVITIES ORGANISED AT THE BOAT HOUSE OF ILE AUX CERFS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 - 10:30							Exclusive Snorkelling*
10:00 - 11:00				Sailing initiation for Kids Club only**		Waterski initiation for Kids Club only**	
10:00 - 12:00	Water ski**	Water ski**	Water ski**	Water ski**	Water ski**		Water ski**
11:00 - 12:00						Water ski**	
11:30 - 12:30	Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**		Snorkelling**
12:00 - 15:00	Exclusive Water Ski* / Tube Ride*	Exclusive Water Ski* / Tube Ride*	Exclusive Water Ski* / Tube Ride*	Exclusive Water Ski* / Tube Ride*	Exclusive Water Ski* / Tube Ride*	Exclusive Water Ski* / Tube Ride*	Exclusive Water Ski* / Tube Ride*
13:00 - 13:30			Windsurfing initiation**		Sailing initiation**		
13:30 - 14:30			Windsurfing initiation**				
14:00 - 15:00	Snorkelling**	Windsurfing initiation for Kids Club only** / Snorkelling**	Snorkelling** Snorkelling**	Snorkelling** Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**
14:30 - 15:30					Snorkelling**		
15:00 - 17:00	Water ski**	Water ski**	Water ski**	Water ski**	Water ski**	Water ski**	Water ski**

For more information and reservations, please contact the Boathouse & Activity desk, via the Service Center (Dial 0).

Stand-up paddle, Kayak and Pedal boat activities are complimentary at the Mini Boathouse located on Hibiscus beach and are on a first come, first served basis.

TEENS ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00	Island Adventure*	Wind surfing initiation*	Fishing trip*	Sailing initiation	Tennis initiation	Horse riding trip*	Water ski initiation
10:15		Diving initiation**			Diving initiation**		
13:00		Water polo		Kayak trip	Water polo		Standing paddle board
15:00		Bootcamp training	Archery initiation		Core training	Boot camp training	Fitness challenge
16:30	Mini football	Tennis volleyball	Beach volleyball	Mini foot	Beach volley	Basketball	Tennis volleyball
19:30	Dinner*	Dinner*	Dinner*	Dinner*	BBQ party*	Dinner*	Dinner*
20:30	Karaoke fun	Volleyball at night	Campfire & Drums	Karaoke fun		Volleyball at night	Stargazing

For more information or reservations of the above activities, please contact the Recreation Centre, located at the Active-T Club or Dial 0.

*Advanced booking required. Fee applies | ** Advanced booking required. Complimentary

The recreation programme gives you an overview of the resort activities only and some of them are subject to change, seasonal as well as tides and weather dependent. The activities without advanced bookings are on a first come, first served basis.

GENERAL INFORMATION

The jetty is located a few minutes from the resort and accessible by complimentary buggies, available at the entrance of the resort. A courtesy boat shuttle is available every day from either side between the jetty, Ilot Mangénie, Ile aux Cerfs and Ile aux Cerfs Golf Club.

The boat operating hours are as follows:

Ilot Mangénie from 09:00 until 16:40 every 20 minutes

Ile aux Cerfs Boathouse from 09:00 until 17:00 every 30 minutes

Ile aux Cerfs Golf Club from 06:40 until 19:00 every 20 minutes



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