

FAMILY ACTIVITIES

JULY - AUGUST 2018

DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00 - 11.00	Pool games at Al Waha main pool		Pool games at Al Waha main pool		Pool games at Al Waha main pool	Pool games at Al Waha main pool	Pool games at Al Waha main pool
14.00 - 15.00		Table tennis at Al Waha		Table tennis at Al Waha			

For more information, please call extension 6825.

FITNESS & WELLNESS ACTIVITIES

JULY - AUGUST 2018

DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15 - 10.00	Kettlebell and bodyweight	Sculpt and tone class	TRX	ABS blitz	HIIT - Strength and	Bootcamp	HIIT - Strength and
14.00 - 14.30		Workout of the day			TRX and kettlebell combo	Tabata	Tabata
15.00 - 16.00	Try Dive Al Waha main pool		Try Dive Al Waha main pool				
15.30 - 16.00					Try Dive Al Waha main pool		
16.15 - 17.00	RPM express		Circuit training	Stretch and relax			
17.00 - 17.45		ABS blitz			RPM express and ABS blitz	Core	Mat pilates

Classes take place at the Health Club in the first floor studio.
For reservations, please call extension 6825.

COOL ZONE

JULY - AUGUST 2018

DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00 - 11.00	Prepare pirate map	Fish feeding	Dance traditional	Omani games	Create your craft	Lego creation	Fish feeding
12.00 - 13.00	Cartoon time	Cartoon time	Cartoon time	Cartoon time	Cartoon time	Cartoon time	Cartoon time
14.00 - 15.00	Make your jewellery	Face painting	Hair braiding	Henna painting	Make your jewellery	Create your craft	Nail art design
16.00 - 17.00	Design a bookmark	Get henna tattoo	Create a bookmark	Omani crafts	Catch me if you can	Arts and crafts	Omani crafts
19.00 - 20.00	Pirate face painting	Create your craft	Painting time	Dance Omani	Talk about places	Musical games	Reading time

- Cool Zone is open from 9:00am to 8:00pm daily and open to children up to 8 years.
 - Children aged 4 years and below, must be accompanied by a parent or guardian at all times.
 - Babysitters can be arranged through our Guest Service Centre for a fee.
 - If your children come to Cool Zone straight from the pool, please ensure they dry off first.
 - Some activities may need advanced notice, please inform our staff at Cool Zone if you would like to take part in a particular activity.
- Visit the Adventure Zone in Al Mazaar during your stay!**

(Don't forget to wear long sleeves & socks!)