

ACTIVITY PLANNER

SUNDAY 29th AUGUST

Your guide to our activities

Enjoy as many as you like! Once in resort you'll meet our expert teams who'll help you plan your week, answer any questions and book additional activities for you.

For now, explore the activity planner to see what you can get up to and start getting excited about your holiday!

Use the table below to help you decide your level of ability for Bikes & Tennis!

TENNIS	Green I am new to this/ I have basic skills & want to develop	Blue I can perform core skills, have knowledge of game play & want to progress my power & accuracy	Red I can hold a rally, change the tempo & pace of the game. I want to focus on spin, depth, power & accuracy	Black I am an advanced player & want to focus on my tactical progression
	Green I would like a leisurely, social ride where I can explore the local area & visit a nearby cafe	Blue I would like to go further afield with some gentle climbs	Red I am a competent rider & would like to travel some distance with tough climbs	Black I would like to travel a long distance with some technical & challenging climbs with fast sections

(S) = Sign up for activity, for all other activities just turn up & join in € = Activity is an additional cost

Your welcome briefing: Pool Bar - 18:00

KIDS' CLUBS

MON	KIDS CLUB WELCOME Pool bar 09:00	KIDS CLUB FINISH 17:30
	KIDS CLUB START 09:30	SLEEP CLUB (€) 19:00 - 23:00
	TEENS WELCOME Pool bar 10:00	SOCIAL 6-11 YRS 19:00 - 23:00
TUES	KIDS CLUB START 09:30	KIDS CLUB FINISH 17:30
	TEENS MEET Pool bar 10:00	
WED	KIDS CLUB START 14:30	KIDS CLUB FINISH 23:00
THURS	KIDS CLUB START 09:30	KIDS CLUB FINISH 17:30
	TEENS MEET Pool bar 10:00	SLEEP CLUB(€) 19:00 - 23:00
	TEEN NIGHT OFF	SOCIAL 6-11 YRS 19:00 - 23:00
FRI	KIDS CLUB START 14:30	KIDS CLUB FINISH 23:00
SAT	KIDS CLUB START 09:30	KIDS PRESENTATION Pool bar 16:30
	TEENS MEET Pool bar 10:00	SLEEP CLUB (€) 19:00 - 23:00
		SOCIAL 6-11 YRS 19:00 - 23:00

EVENTS & ENTERTAINMENT

MON	BREAKFAST 07:30 - 09:30	
	LUNCH 12:30 - 14:00	INCLUSIVE DINING 19:30 - 21:30
TUES	BREAKFAST 07:30 - 09:30	QUIZ Pool Bar 21:30
	LUNCH 12:30 - 14:00	INCLUSIVE DINING 19:30 - 21:30
WED	BREAKFAST 07:30 - 09:30	BOOZE AND BALLS 18:30
	LUNCH 12:30 - 14:00	NON INCLUSIVE DINING FRESKO (€)
THURS	BREAKFAST 07:30 - 09:30	POOL OLYMPICS Pool 21:30
	LUNCH 12:30 - 14:00	INCLUSIVE DINING 19:30 - 21:30
FRI	BREAKFAST 07:30 - 09:30	NON INCLUSIVE DINING FRESKO (€)
	LUNCH 12:30 - 14:00	
SAT	BREAKFAST 07:30 - 09:30	LIVE MUSIC 21:30 - 23:00
	LUNCH 12:30 - 14:00	INCLUSIVE DINING 19:30 - 21:30

MONDAY MORNING

WATERFRONT	OPEN FOR PADDESPORTS 09:00	BEACH OPENS 09:30
	BEACH SAFETY BRIEFING Beach 09:30	WINDSURF CLINICS (s) 09:45 - 12:15
	RYA START WINDSURF (s) 09:45-12:15	RYA START SAILING (s) 09:45 - 12:15
BIKES	RED MTB (s) 15KM 10:00	FREE RIDING AVAILABLE 08:00 - 18:00
TENNIS	BLACK TENNIS (s) 08:30 - 09:30	BLUE TENNIS (s) 10:30 - 11:30
	RED TENNIS (s) 09:30 - 10:30	GREEN TENNIS (s) 11:30 - 12:30
		PRIVATE LESSONS AVAILABLE (€)
FITNESS	HIIT (s) 09:00	AQUA (s) Main Pool 11:30
	YOGA (s) 10:00	PERSONAL TRAINING AVAILABLE (€)
EXTRAS	DIVE - TRY DIVES (s) Pool 09:30 - 13:00	KIDS CLUB MEETING Pool bar 09:00

MONDAY AFTERNOON

WATERFRONT	BASIC SKILLS CLINIC (s) 14:30 - 16:30	DINGHY CLINIC (s) 14:30 - 16:30
	WINDSURF CLINIC (s) 14:30 - 16:30	RACE CLINIC (s) 14:30 - 16:30
BIKES	GREEN MTB (s) 5KM 15:00	BEERS AND GEARS Pool Bar 18:00
TENNIS	BLUE/RED TENNIS (s) 15:00 - 16:00	
	SUPERDRILLS € 16:00	SOCIAL TENNIS 17:00 - 19:00
FITNESS	GYM INDUCTION Gym 15:00	
	GYM FIT - CORE DAY (s) Gym 16:00	STRETCH & RELAX (s) 17:00 PT SESSIONS AVAILABLE (€)
EXTRAS	BEACH - FOILING CLINICS AVAILABLE (€) PHOTO - VIEW PHOTOS DAILY 19:00-22:00	SWIM - SWIM LESSONS AVAILABLE (€)





TUESDAY MORNING

WATERFRONT	OPEN FOR PADDESPORTS 09:00	BEACH OPENS 09:30
	RYA START WINDSURF (s) 09:45-12:15	WINDSURF CLINICS (s) 09:45 - 12:15
		RYA START SAILING (s) 09:45 - 12:15
BIKES	RED MTB (s) 20KM 08:30	FREE RIDING AVAILABLE 08:00 - 18:00
	BLUE MTB (s) 15KM 10:00	
TENNIS	RED TENNIS (s) 08:30 - 09:30	GREEN TENNIS (s) 10:30 - 11:30
	BLACK TENNIS (s) 09:30 - 10:30	BLUE TENNIS (s) 11:30 - 12:30
FITNESS	MORNING RUN Reception 08:00	YOGA (s) 10:00
	CIRCUITS (s) 09:00	AQUA (s) Main Pool 11:30
EXTRAS	BEACH - FOILING CLINICS AVAILABLE (€)	





TUESDAY AFTERNOON

WATERFRONT	BASIC SKILLS CLINIC (s) 14:30 - 16:30	DINGHY CLINIC (s) 14:30 - 16:30
	WINDSURF CLINIC (s) 14:30 - 16:30	RACE CLINIC (s) 14:30 - 16:30
BIKES	GREEN MTB (s) 10KM 15:00	
TENNIS	BLUE/RED TENNIS (s) 15:00 - 16:00	
	SUPERDRILLS (€) 16:00	SOCIAL TENNIS 17:00 - 19:00
FITNESS	GYM FIT - UPPER BODY (s) Gym 16:00	STRETCH & RELAX (s) 17:00 PT SESSIONS AVAILABLE
EXTRAS	SWIM - SWIM LESSONS AVAILABLE (€) PHOTO - VIEW PHOTOS DAILY 19:00-22:00	PRIVATE LESSONS AVAILABLE (€)





WEDNESDAY MORNING

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		





WEDNESDAY AFTERNOON

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		





THURSDAY MORNING

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		





THURSDAY AFTERNOON

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		





FRIDAY MORNING

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		





FRIDAY AFTERNOON

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		

SATURDAY MORNING

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		

SATURDAY AFTERNOON

 WATERFRONT		
 BIKES		
 TENNIS		
 FITNESS		
EXTRAS		