

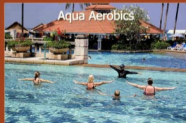
Sports and Recreation Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	Morning Stretching	Morning Bike Ride	Morning Kayaking	Morning Bike Ride	Morning Stretching	Morning Bike Ride	Morning Kayaking
09:00 - 10:00	Basic Tennis lesson		Basic Tennis lesson		Basic Tennis lesson		
09:30 - 10:00	Baby Elephant's Breakfast	Baby Elephant's Breakfast	Baby Elephant's Breakfast	Baby Elephant's Breakfast	Baby Elephant's Breakfast	Baby Elephant's Breakfast	Baby Elephant's Breakfast
10:00 - 11:00	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson
11:00 - 12:00	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson
	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson
14:00 - 15:00	Walk on water	Walk on Water	Walk on Water	Walk on Water	Walk on Water	Walk on Water	Walk on Water
	Introduction to Scuba Diving	Introduction to Scuba Diving	Introduction to Scuba Diving	Introduction to Scuba Diving	Introduction to Scuba Diving	Introduction to Scuba Diving	Introduction to Scuba Diving
	Pool Game	Pool Game	Pool Game	Pool Game	Pool Game	Pool Game	Pool Game
15:00 - 16:00	Swim with our baby elephant	Swim with our baby elephant	Swim with our baby elephant	Swim with our baby elephant	Swim with our baby elephant	Swim with our baby elephant	Swim with our baby elephant
	Coconut Leaf folding	Thai cooking Class**		Coconut Leaf folding	Thai cooking Class**		
	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson	Windsurfing Lesson
16:00 - 17:00	Beach Volleyball	Indoor Soccer	Basic Thai boxing lesson	Beach Volleyball	Basic Thai boxing lesson	Indoor Soccer	Beach Volleyball
Optional Activity**							
	Culture discover 14:00 - 17:00	Snorkeling Trip 14:00 - 16:00	BikeTour 15:00 - 17:00	Tonsal Nature Trail 14:00-16:00	Snorkeling Trip 14:00 - 16:00	Sun Set Fishing 17:30 - 19:30	BikeTour 15:00 - 17:00

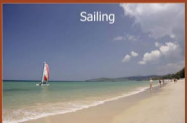


**Denote Activities that require an additional charge and advance booking. All other are complimentary

- Meet at Water Park
- Meet at Marine Centre
- Meet at Tennis Centre
- Meet at Simian Restaurant
- Meet at Rim lobby Restaurant



Aqua Aerobics



Sailing



Breakfast with Baby Elephants