

Sports and Recreation Program

Laguna Beach Resort

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	Morning Stretching	Morning Bike Ride		Morning Bike Ride	Morning Stretching	Morning Bike Ride	
09:00 - 10:00	Basic Tennis Lesson		Basic Tennis Lesson		Basic Tennis Lesson		
09:30 - 10:00	Baby Elephant Breakfast	Baby Elephant Breakfast	Baby Elephant Breakfast	Baby Elephant Breakfast	Baby Elephant Breakfast	Baby Elephant Breakfast	Baby Elephant 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
	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson	Archery 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
14:00 - 15:00	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson	Archery Lesson
	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson	Basic Sailing Lesson
	Walk on water	Walk on water	Walk on water	Walk on water	Walk on water	Walk on water	Walk on water
15:00 - 16:00	Pool Game	Pool Game	Pool Game	Pool Game	Pool Game	Pool Game	Pool Game
	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
17:00 - 19:00		Thai cooking Class**			Thai cooking Class**		
Optional Activity							
	Local Market 16:00 - 17:00	Snorkeling Trip 14.00-16.00	Bike Tour 15:00 - 17:00	Local Market 16:00-17:00	Snorkeling Trip 14.00-16.00	Tonsai Nature Trail 14:00-16:00	Bike Tour 15:00 - 17:00

Meet at Water Park

Meet at Marine Centre

Meet at Tennis Centre

Meet at Rim Talay Rest

Meet at upper pool




 Laguna Beach Resort
 LAGUNA PHUKET



** Denote Activities that require an additional charge and advance booking **
 Note: Morning Bike Ride and Basic Thai Boxing Lesson required one day booking in advance