





	Monday July 13 th	Tuesday July 14 th	Wednesday July 15 th	Thursday July 16 th	Friday July 17 th	Saturday July 18 th	Sunday July 19 th
Complimentary Activities							
Adventure Centre Introduction Session <i>Meeting point: Adventure Centre</i>	11am - 11:30am						
Fitness Classes <i>meeting point: Recreational Centre</i>	8am HIIT	6:45am Spin class	8am Circuit Training	6pm Spin & Core	8am Ladies Strenght		
Children's Gardening Experience <i>meeting point: Oriental Gardens</i>			1pm				
Introduction to Golf <i>Meeting point: Pro Shop</i>				2pm (limited to 6 guests)			
Board Games & Lawn Games	Lawn Games are located by the playground. For board game rental, please enquire at reception - depos						
Tennis at Leisure	Please enquire with Reception to reserve a timeslot - equipment available to rent at hotel reception						
Adventure Quest	Please enquire with Concierge to receive Quest Map & Prizes						
Activities at an Additional Cost - All below activities must be booked in advance							
Morning Yoga <i>Meeting point: Fota House - €10 pp</i>						9:45am - 11am	
Family Adventure Course <i>Meeting point: Adventure Centre €30 pp</i>	2:30pm (2 hour course)	2:30pm (2 hour course)	2:30pm (2 hour course)	2:30pm (2 hour course)	2:30pm (2 hour course)		
Kayaking & Paddle Boarding <i>Meeting point: Adventure Centre €30 pp</i>	times subject to tides	times subject to tides	times subject to tides	times subject to tides	times subject to tides	times subject to tides	times subject to tides
Orienteering <i>Meeting point: Adventure Centre €20 per group</i>	10am & 2pm Kit collection (45 minutes)	10am & 2pm Kit collection (45 minutes)	10am & 2pm Kit collection (45 minutes)	10am & 2pm Kit collection (45 minutes)	10am & 2pm Kit collection (45 minutes)	10am & 2pm Kit collection (45 minutes)	10am & 2pm Kit collection (45 minutes)