

	Monday August 17th	Tuesday August 18th	Wednesday August 19th	Thursday August 20th	Friday August 21st	Saturday August 22nd	Sunday August 23rd
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>			11:30 am				
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 – deposit applies to reservation						
Tennis at Leisure	Please enquire with Reception to reserve a timeslot – equipment available to rent at hotel reception						
Activities at an Additional Cost – All below activities must be booked in advance							
Watercolour Garden Sketching with Camilla Fanning Meeting point: Fota House €130pp			10:30am-16:00pm (Coffee & Lunch Included)				
Romeo & Juliet Outdoor Theatre presented by Oddsocks Productions Meeting point: Fota House Free Entry				19:00pm-21:30pm (blanket or chair required)			
Family Adventure Course <i>Meeting point: Adventure Centre €30 pp</i>	2:00pm (2 hour course)	2:00pm (2 hour course)	2:00pm (2 hour course)	2:00pm (2 hour course)	2:00pm (2 hour course)	2:00pm (2 hour course)	2:00pm (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)

Should you have any questions about the Resort Activities, please contact our Reception Team, who would be delighted to assist.

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