

	Monday August 10th	Tuesday August 11th	Wednesday August 12th	Thursday August 13th	Friday August 14th	Saturday August 15th	Sunday August 16th
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 – equipement available to rent at hotel reception						
Activities at an Additional Cost - All below activities must be booked in advance							
<u>Yoga in the Victorian Gardens</u> <i>Meeting point: Fota House €10 pp</i>	10:00am – 11:00am						
<u>Cóisir an tSamhraidh</u> <i>Meeting point: Fota House €20 pp</i>					07:30pm – 10:15pm		
<u>Lino Print Workshop with John Bastow</u> <i>Meeting point: Fota House €45 pp</i>						01:00pm – 04:00pm	
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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