

<Inquiries> Stay Guests = Dial 9 / Visitor = 098-901-1111

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| Reception : Indoor pool counter   |  |   |  |
| <Free Program><br>Shooting Game<br>Monster Hunt!<br>Treasure Hunt!<br>Fishing Game  | ※No reservation required.<br>Shoot through the target with a poppet gun and get a gift!<br>Let's find the monsters hidden around the pool and in the grass!<br>Underwater Treasure Hunt - Look for eggs hidden in the pool or in the grass. You might find something inside the eggs. !?<br>Toy fishing game.  | Fishing Game<br>"Fuwafuwa"Game<br>Cornhole<br>Ladder ball | Toy fishing game.<br>Play ring toss game, and catch the flying disc toy! Aim for a high score!<br>Add points by throwing beanbags at the holes!<br>Two balls connected by a string are thrown toward the ladder to score points. |
| <Paid Program> ※Reservation priority. Please note that the number of participants may be limited depending on the conqestion situation.   |  |   |  |
| Handmade Accessories<br>Original Monies Maqnet<br>Handmade Photo Frame<br>"CHURA-UMI" & "SHISA" Painting<br>Clay Shisa Lamp Making<br>"Uchinaa" Craft<br>Handmade Gel Candle<br>Seashell Craft<br>Handmade Seashell Keyring | Make your original accessories! You can select your favorite parts and put them into the small glass dome. ※Necklace or hair tie / 1,000JPY<br>Put your memories of beautiful ocean in magnet. / 500JPY<br>You can make your one and only photo frame with sea shells and some painting. / 1,500JPY<br>Paint "Whale shark", "Manta" or "SHISA" with your favorite colors. Whale shark, Manta 2,000JPY / SHISA pair 2,500JPY<br>Mold the clay outo the lamp and create your own "Shisa". /1,500JPY<br>Gramineae plants are planted 'vetiver' around fields to prevent red soil from flowing into the sea.Try weaving these leaves to make wall decorations or bracelets/500JPY<br>Put decorative sand and objects in the glass container and make your own Gel candle ※Including 2glass objects or plastic objects./2,000JPY<br>Let's make your original "SHISA"or "Turtle"by combining several shells ! /1,500JPY<br>Let's make your original seashell keyring!/1,000JPY |   |  |

**<Notice>** Children age under 18 must be accompanied by parental guardian. In case of bad weather, activities may be cancelled. We ask for your understanding.

[<Wellness Program Details>](#)    ※Reservation required.    ※Minimum number of participants : 2

Price : Guests 1,000JPY (Tax included) / Visitors 2,000JPY (Tax included) ※Some programs have different fees.  
Reception : Indoor Pool - Poolside Counter ※Please arrive 5 minutes before starting time.  
Venue : Depends on the program

**Participants** : Must be age 16 years or older.

Relaxation stretch – Stretches the muscles of the whole body in a well-balanced manner and leads to a relaxed state both physically and mentally.(30min)

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| Battle Rope Workout  | →Just hold the rope in each hand, and move it rhythmically up and down(30min)                                |
| Marital Shape  | →Fitness program inspired by kickboxing and boxing(30min)  |
| Balance Ball Exercise  | →The balance ball stimulates the inner muscles of the trunk and corrects the distortion of the body(30min)   |
| Sunset YOGA  | →Beginners are welcome. Relax with gentle yoga against the setting sun. (45min)                              |
| Fitness Camp   | →By moving in a fun way, the function of the body improves, anyone can smile naturally, and refresh the mind |
| Kids' Swimming Classes(*Age 7to15years old. Participation capacity 3children)→Beginner's Class | →To learn to swim  |

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| Seaside Running  | Choice of 2 oceanfront jogging course (Araha Course 3 km / Sunabe Course 4 - 6 km).            |
| SUP Trial Course | Once you have mastered the basics, from standing practice to cruising, you can try your hand   |
| SUP Exercise     | Try a simple workout on the SUP. (3,500JPY)  |
| SUP YOGA         | After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY) |

**<Notice>** There is a limit of capacity for each program. Prior reservations is recommended. Program schedule may changed or become cancel due to weather conditions.  
 ※Morning hour programs will be determined by 6pm of the day before. Afternoon and evening hour programs will be determined by 12pm that day.  
 Inquiries : Please feel free to dial 9 from your room phone for any inquiries. Visitors = 098-901-1111

