	Lala				Activities Schedule						Paid Program K For Kids <inquiries> Stay Guests = Dial 9 / Visitor = 098-901-1111</inquiries>			
	SUNDAY MONDAY		MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
							16		17		18		19	
)				11:00am 11:30am	Super ball scoop(K)	11:00am 11:45am	"CHURA-UMI" Painting(K)¥	8:15am 9:00am	SUP YOGA¥ Intensity★★☆	11:00am 11:30am	Shooting Game(K)	
						3:30pm 4:15pm	Handmade Gel Candle(K) ¥	3:30pm 4:00pm	Balloon Art(K)	11:00am 11:30am	Treasure Hunt ! (K)	3:30pm 4:15pm	Handmade Photo Frame(K) ¥	
										3:30pm 4:00pm	Play with Soap Bubbles(K)	6:00pm 6:45pm	Seaside Running¥ Intensity★☆☆	
	20		21		22		23		24		25		26	
11:00am 11:30am	Water Balloon Fishing(K)	10:00am 10:45am	Handmade Sea Shell Necklace(K)¥	11:00am 11:30am	Monster Hunt!(K)	11:00am 11:30am	Fishing Game(K)	11:00am 11:30am	Struck Out(K)	8:15am 8:45am	SUP Exercise¥ Intensity★★☆	11:00am 11:30am	Water BallToss Game(K)	
3:30pm 4:15pm	Handmade Accessories(K)¥	11:00am 11:30am	Batlle Ship(K)	3:30pm 4:15pm	Handmade Gel Candle(K)¥	3:30pm 4:15pm	"SHISA" Painting(K) ¥	3:30pm 4:15pm	"Uchinaa" Craft(K) ¥	11:00am 11:45am	Original Magnet Making(K)¥	3:30pm 4:15pm	Clay Shisa Lamp Making(K)¥	
5:30pm 6:00pm	Relaxation Stretch¥ Intensity★☆☆	3:30pm 4:15pm	Mosaic Art with ocean debris(K)							3:30pm 4:00pm	Treasure Hunt!(K)	5:30pm 6:00pm	Balance Ball Exercise¥ Intensity★☆☆	
	27		28		29		30		31					
11:00am 11:30am	Batlle Ship(K)	11:00am 11:30am	Struck Out(K)	11:00am 11:30am	Water Basket ball(K)	11:00am 11:30am	Shooting Game(K)	11:00am 11:30am	Monster Hunt!(K)					
3:30pm 4:15pm	"CHURA-UMI" Painting(K)¥	3:30pm 4:15pm	Seashell Craft(K)¥	3:30pm 4:00pm	Fishing Game(K)	3:30pm 4:15pm	Hand made Seashell Keyring(K)¥	3:30pm 4:00pm	Balloon Art(K)					
6:00pm 6:45pm	Sunset YOGA¥ Intensity★☆☆													

Shoot through the target with a poppter gun and get a gift! Let's find the monsters hidden around the pool and in the grass!

Underwater Treasure Hunt - Look for eggs hidden in the pool or in the grass. You might find something inside the eggs... !?

< Paid Program> **Reservation priority. Please note that the number of participants may be limited depending on the congestion situation.
Handmade Accessories
Make your original accessories! You can select your favorite parts and put them into the small glass dome.
Put your memories of beautiful ocean in magnet / 1500JPY
Handmade Photo Frame
You can make your one and only photo frame with sea shells and some painting / 1500JPY

"CHURA-UMI" & "SHISA" Painting Paint "Whale shark", "Manta" or "SHISA" with your favorite colors. Whale shark, Manta 2,000JPY / SHISA pair 2,500JPY Mold the clay outo the lamp and create your own "Shisa". /1,500JPY Clay Shisa Lamp Making

Gramine ae 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 l/500 JPY

"Uchinaa" Craft Handmade Gel Candle Put decorative sand and objects in the glass container and make your own Gel candlel **Including 2glass objects or plastic objects/2,000JPY

Seashell Craft Let's make your original "SHISA" or "Turtle" by combining several shells! /1,500JPY

Handmade Seashell Keyring Let's make your original seashell keyring!/1,000JPY

<21th Marine Day>

10:00-10:45

Try your hand at making an original necklace using seashells.

Transform marine waste collected from local beaches into beautiful mosaic art work featuring endangered animals.

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

Participants : Must be age 16 years or older.

Reservation acceptance end time: Until 30 minutes before the program start time on the day.

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)

Battle Rope Workout Martial Shape Balance Ball Exercise

- Just hold the rope in each hand, and move it rhythmically up and down[30min]
- Fitness program inspired by kickboxing and boxing[30min]
- The balance ball stimulates the inner muscles of the trunk and corrects the distortion of the body (30min)
- 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 and body.(45min). (8 Minimum number of participants: 4)

Klid's Swimming Classes(#Age7to15years old. Participation capacity3children)—Beginner's Class
—Intermediate course
—To help children improve their skills on 1 stroke(backstroke/frestyle,etc)contents vary depending on the day.

Choice of 2 oceanfront jogging course (Araha Course 3 km / Sunabe Course 4 - 6 km).

Once you have mastered the basics, from standing practice to cruising, you can try your hand at balance games! (3,500JPY)

Try a simple workout on the SUP, (8,500JPY)

After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY) Seaside Running SUP Trial Course





Toy fishing game. Play ring toss game, and catch the flying disc toyl $\operatorname{\mathsf{Aim}}$ for a high scorel Add points by throwing beangbags at the holes!
Two balls connected by a string are thrown toward the ladder to score points.

