October					Activities Schedule						▼ Paid Program ※Reservation required. K For Kids <inquiries> Stay Guests = Dial 9 / Visitor = 098-901-1111</inquiries>			
	SUNDAY	SUNDAY		TUESDAY			WEDNESDAY		THURSDAY 16		FRIDAY 17		SATURDAY 18	
								11:00am 11:30am	Fishing Game(K)	11:00am 11:30am	Treasure Hunt ! (K)	8:15am 8:45am	SUP Exercise¥ Intensity★★☆	
								3:30pm 4:00pm	Balloon Art(K)	3:30pm 4:15pm	"CHURA-UMI" Painting(K)¥	11:00am 11:30am	Shooting Game(K)	
										5:00pm 5:30pm	Balance Ball Exercise¥ Intensity★☆☆	3:30pm 4:15pm	Handmade Photo Frame(K)¥	
	19		20		21		22		23		24		25	
8:15am 8:45am	SUP Trial Course¥ Intensity★☆☆	11:00am 11:30am	Water Cornhole(K)	11:00am 11:30am	Monster Hunt!(K)	11:00am 11:30am	Struck Out(K)	11:00am 11:30am	Shooting Game(K)	11:00am 11:45am	Original Memories Magnet(K)¥	8:15am 8:45am	SUP Trial Course¥ Intensity★☆☆	
11:00am 11:30am	Let's run through the water mat!(K)	3:30pm 4:00pm	Water Balloon Fishing(K)	3:30pm 4:15pm	Handmade Seashell Keyring(K) Y	3:30pm 4:15pm	Handmade Gel Candle(K) Y	3:30pm 4:15pm	"Uchinaa" Craft(K) Y	3:30pm 4:00pm	Play with Soap Bubbles(K)	11:00am 11:30am	Batlle Ship(K)	
3:30pm 4:15pm	"SHISA" Painting(K) Y									4:45pm 5:30pm	Sunset YOGA¥ Intensity★☆☆	3:30pm 4:15pm	Handmade SeaShell Jewelry(K)¥	
	26		27		28		29		30		31			
8:15am 8:45am	SUP Exercise¥ Intensity★★☆	11:00am 11:30am	Super ball scoop(K)	11:00am 11:45am	Seashell Craft(K)¥	11:00am 11:45am	Original Memories Magnet(K)¥	11:00am 11:30am	Treasure Hunt ! (K)	11:00am 11:30am	Ghost Hunt ! (K)			
11:00am 11:30am	Struck Out(K)	3:30pm 4:15pm	Handmade Gel Candle(K)¥	3:30pm 4:00pm	Shooting Game(K)	3:30pm 4:00pm	Fishing Game(K)	3:30pm 4:15pm	Clay Shisa Lamp Making(K)¥	2:30pm 3:00pm	Struck Out(K)			
3:30pm 4:15pm	"CHURA-UMI" Painting(K)¥ Indoor pool counter									3:30pm 4:00pm	Halloween BINGO(K)			

Shoot through the target with a poppter gun and get a gift!

Toy fishing game.

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...? Ladder ball Water Flag

"Fuwafuwa"Game Cornhole Let's run through the water mat! Toy fishing game

Play ring toss game, and catch the flying disc toyl Aim for a high score! Add points by throwing beangbags at the holes!

Two balls connected by a string are thrown toward the ladder to score points. Run through the 5-meters floating mat on the water to reach goal! Who can take the flag floating in the water?

(Specia **The program content is subject to change depending on weather conditions.

Look for ghost hidden in the pool or in the grass. You might find something inside the ghost...!? Throw the ball and hit the 9 panels. Halloween designs version.

:30-4:00 Halloween BINGO(K)

< Paid Program> **Reservation required. Please note that the number of participants may be limited depending on the congestion situation.

Put your memories of beautiful ocean in magnet / 1,500JPY

You can make your one and only photo frame with sea shells and some painting / 1,500JPY
Paint "Whale shark", "Manta" or "SHISA" with your favorite colors. Whale shark, Manta 2,000JPY / SHISA pair 2,500JPY HURA-UMI" & "SHISA" Painting

lay Shisa Lamp Making

Mold the clay out the lamp and create your own "Shisa". /I,500JPY
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

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

dmade Seashell Kevring 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 cancelld. We ask for your understanding

Venue : Depends on the program : National Pool - Poolside Counter : Please arrive 5 minutes before starting time.

Participants : Must be age 16 years or older

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

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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 — 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)

Balance Ball Exercise Sunset YOGA Fitness Camp

Fitness program inspires to an inspire to an inspire to an inspire to the funds and corrects the distortion of the budy/somin/

- The balance ball stimulates the inner muscles of the trunk and corrects the distortion of the budy improves, anyone can smile naturally, and refresh the mind and body/(45min) (**Minimum number of participants: 4)

- By moving in a fun way, the function of the body improves, anyone can smile naturally, and refresh the mind and body/(45min) (**Minimum number of participants: 4)

- To learn basic swimming skills. Eg. Flutter kick Pushing off the wall etc.

- To help children improve their skills on 1 stroke(backstroke/freestyle, 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)

SUP Exercise SUP YOGA Try a simple workout on the SUP. (3,500JPY)
After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY)





