	Sob	Activities Schedule							¥ Paid Program					
	SUNDAY			TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
			1		2		3		4		5		6	
		11:00am 11:30am	Monster Hunt!(K)	11:00am 11:30am	Water Flag(K)	11:00am 11:30am	Water Basket ball(K)	11:00am 11:30am	Struck Out(K)	11:00am 11:45am	"CHURA-UMI" Painting(K)¥	8:15am 8:45am	SUP Trial Course¥ Intensity★☆☆	
		3:30pm 4:00pm	Shooting Game(K)	3:30pm 4:15pm	Clay Shisa Lamp Making(K)¥	3:30pm 4:00pm	Balloon Art(K)	3:30pm 4:15pm	"SHISA" Painting(K)¥	3:30pm 4:00pm	Water Cornhole(K)	11:00am 11:30am	Water BallToss Game(K)	
												3:30pm 4:00pm	Treasure Hunt ! (K)	
	7		8		9		10		11		12		13	
8:15am 9:00am	SUP YOGA¥ Intensity★★☆	11:00am 11:30am	Shooting Game(K)	11:00am 11:30am	Let's run through the water mat!(K)	11:00am 11:45am	"SHISA" Painting(K)¥	11:00am 11:30am	Water Basket ball(K)	11:00am 11:45am	Hand made Seashell Keyring(K)¥	8:15am 9:00am	SUP Exercise¥ Intensity★★☆	
11:00am 11:30am	Struck Out(K)	3:30pm 4:00pm	Play with Soap Bubbles(K)	3:30pm 4:15pm	Seashell Craft(K)¥	3:30pm 4:00pm	Fishing Game(K)	3:30pm 4:15pm	Handmade Photo Frame(K)¥	3:30pm 4:00pm	Monster Hunt!(K)	11:00am 11:30am	Water carrying race(K)	
3:30pm 4:15pm	Handmade Gel Candle(K)¥											2:30pm 3:00pm	Ball throwing game(K)	
												3:30pm 4:00pm	Let's run through the water mat!(K)	
	14		15				I.		I.					
8:15am 8:45am	SUP Trial Course¥ Intensity★☆☆	11:00am 11:45am	Handmade Accessories(K)¥											
10:30am 11:00am	Water hurdle relay(K)	3:30pm 4:00pm	Batlle Ship(K)											
11:30am 12:00pm	Water athletic game(K)													
3:30pm 4:00pm	Water balloon throwing game(K)													
	Reception: Indoor pool counter Since Program No resultion required Since Program No resultion required Shore through the target with a poppter gun and get a gift! Shore through the target with a poppter gun and get a gift! Montare Hunt! Let's find the monsters hidden around the pool and in the grass! To essure Hunt! Underwater Treasure Hunt - Look for eggs hidden in the pool or in the grass. You might find something inside the eggs. IP Ladder plant													
	Let's run through the water m Run through the 5-meters floating mat on the water to reach goall (Special Program) (Special Program) (3th) Who can take the flag floating in the water? (3th)												r to reach goall	
	1100-1130 Water carrying racel() 230-300 But throwing game(i) 230-400 Let's try throwing the ball as far as possible, in the hammer throw in track and field! 330-400 Let's run through the water matl(K) Run through the 5-meters floating mat on the water to reach goal! (14th)													
	(14tm) 1030-1100 Water hurdle relayl() 1030-1100 Water hurdle relayl() 1130-1200 Water attletic game() 1130-1200 Water attletic game() 1130-1200 Water bulloon throwing game() 1130-1300 Water bulloon throwin													
	< Paid Program>													
	CHURA-UMF & SHISA Painting Paint: Whale shark'. "Manta' or "SHISA" with your favorite colors. Whale shark Manta 2.000.PV / SHISA pair 2.500.JPY "Uchinan" Craft Gramineae plants are planted vetiver' around fields to prevent ed soil from flowing into the sea Try weaving these leaves to make wall decorations or bracelets!/500.JPY Hadmande Gel Candle Put decorative sand and objects in the glass container and make your own Gel candle! Sincluding 2 qlass objects or plastic objects / 2000.JPY													
	Seashell Craft Let's make your original "SHISAYor "Turtle" by combining several shells! //500JPY Handmade Seashell Keyring Let's make your original seashell keyring/1000JPY													
<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.</notice>														
Price : Guests 1000JPY (Tax included) / Visitors 2000JPY (Tax included) . #Some programs have different fees. Reception : Indoor Pool - Poolside Counter <u> </u>														
	Participants : Must be age 16 Reservation acceptance end t	vears or ok	30 minutes before the progra	n start time	on the day.									
	Relaxation stretch Battle Rope Workout Martial Shape	-Just hold	d the rope in each hand, and m	ove it rhythr	nically up and down/(30min)	a relaxed st	ate both physically and mentall	y.(30min)						
	Martial Snape Balance Ball Exercise Sunset YOGA Fitness Camp Kid's Swimming Classes(::: Age	-The balar -Beginner -By movir	program inspired by kickboxing nce ball stimulates the inner m rs are welcome. Relax with gen no in a fun way, the function of	uscles of the tle yoga aga the bodv im	e trunk and corrects the distor inst the setting sun. (45min) proves. anvone can smile natu		frosh the mind and hody/45mir	n) (※Minin	num number of participants : 4					
	Seaside Running		oid. Participation capacity.3cn 2 oceanfront jogging course (A	ldren.)—Beg raha Course	-Intermediate course	m).	-To help children improve the	eir skills on 1	ter kick,Pushing off the wall et I stroke(backstroke,freestyle,et	c)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 crusing, you can try your hand at balance games (5,500,IPY)
Try a simple workout on the SUP (3,500,IPY)
After practicing the basics of SUP, participants will try their hand at YOGA poses (4,500,IPY) 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 did 9 from your room phone for any inquiries. Visitors=08-90-111.



