	Seb	ember		Activities Schedule						Paid Program				
	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
					16		17		18		19		20	
				11:00am 11:30am	Treasure Hunt ! (K)	11:00am 11:30am	Let's run through the water mat!(K)	11:00am 11:30am	Shooting Game(K)	11:00am 11:45am	"CHURA-UMI" Painting(K)¥	8:15am 9:00am	SUP Exercise¥ Intensity★★☆	
				3:30pm 4:00pm	Water Cornhole(K)	3:30pm 4:15pm	"Uchinaa" Craft(K) Y	3:30pm 4:00pm	Balloon Art(K)	3:30pm 4:00pm	Treasure Hunt ! (K)	11:00am 11:30am	Fishing Game(K)	
												3:30pm 4:15pm	Handmade Photo Frame(K)¥	
	21		22		23		24		25		26		27	
8:15am 9:00am	SUP YOGA¥ 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	Let's run through the water mat!(K)	11:00am 11:45am	Original Magnet Making(K)¥	8:15am 8:45am	SUP Trial Course¥ Intensity★☆☆	
11:00am 11:30am	Batlle Ship(K)	3:30pm 4:00pm	Water Balloon Fishing(K)	3:30pm 4:15pm	Hand made Seashell Keyring(K)¥	3:30pm 4:15pm	Handmade Accessories(K)¥	3:30pm 4:15pm	"Uchinaa" Craft(K)¥	3:30pm 4:00pm	Play with Soap Bubbles(K)	11:00am 11:30am	Water BallToss Game(K)	
3:30pm 4:15pm	"SHISA" Painting(K)¥											3:30pm 4:15pm	Clay Shisa Lamp Making(K)¥	
	28		29		30									
8:15am 9:00am	SUP Exercise¥ Intensity★★☆	11:00am 11:30am	Super ball scoop(K)	11:00am 11:30am	Water Basket ball(K)									
11:00am 11:30am	Shooting Game(K)	3:30pm 4:15pm	Seashell Craft(K)¥	3:30pm 4:00pm	Fishing Game(K)									
3:30pm 4:15pm	"CHURA-UMI" Painting(K)¥													
	Reception: Indoor pool counter													

<Free Program>

*No reservation required.
Shoot through the target with a poppter gun and get a gift! Monster Hunt! 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... 📍

Toy fishing game.

 $Make your original accessories!\ You can select your favorite parts and put them into the small glass dome.\ \ \& Necklace or hair tie / 1,000 JPY$ Put your memories of beautiful ocean in magnet / 1,500JPY Original Memories Magnet

You can make your one and only photo frame with sea shells and some painting / 1,500JPY

"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

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

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

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

<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

**Reservation required. **Minimum number of participants : 2

: Depends on the program

Participants: Must be age 16 years or older.

Reservation acceptance and 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

- Just hold the rope in each hand, and move it rhythrically up and down(30min)

Martial 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)
-Beginners are welcome. Relax with gentle yoga against the setting sun (45min)

-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. E.g. Flutter kick Pushing off the wall etc.
-Intermediate course
-To help balliare improve their skills on 1 strokelpbackstroke, freestyle, etclontents vary depending on the day. Kid's Swimming Classes(*Age:7to15years old. Participation capacity:3children)—Beginner's Class

Seaside Running SUP Trial Course SUP Exercise

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 (3,500JPY) After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY)





Toy fishing game.

Play ring toss game, and catch the flying disc toy! Aim for a high score!

Run through the 5-meters floating mat on the water to reach goal! Who can take the flag floating in the water?

Add points by throwing beangbags at the holes!
Two balls connected by a string are thrown toward the ladder to score points.

"Fuwafuwa"Game

Cornhole

Let's run thro

Water Flag

