

RECREATION ACTIVITY SCHEDULE - EARLY FALL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am	0 0	6	8:30 am – 9:30 pm	/ \	8:30 am	8:30 am
Yoga#			Slow Flow / Yin		Yoga#	Yoga#
Oceanfront Lawn		Contraction of the second	/ Yoga Nidra#	X	Oceanfront Lawn	Oceanfront Lawn
			Oceanfront Lawn	R		
10:00 am	10:00 am	10:00 am	10:00 am	10:00 am	10:00 am	10:00 am
Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts	Arts and Crafts
Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone
11:00 am	*	R	A	R	11:00 am	11:00 am
Face Painting		E.		the p	Face Painting	Face Painting
Kids Zone					Kids Zone	Kids Zone
1:00 pm	1:00 pm	1:00 pm	1:00 pm	1:00 pm	1:00 pm	1:00 pm
Kidz Karnival	Pirate Treasure Hunt	Teddy Bears Picnic	Pirate Treasure Hunt	Teddy Bears Picnic	Teddy Bears Picnic	Teddy Bear Picnic
Oceanfront Lawn	Kids Zone	Flower Garden	Kids Zone	Flower Garden	Flower Garden	Flower Garden
3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm
Nature Walk	Trivia	Trivia	Nature Walk	Nature Walk	Trivia	Nature Walk
Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone
	AD	4:30 pm – 5:30 pm	AQUAFIT CLASSES by Celeste Tuesdays, 6-7 pm & Wednesdays, 10-11 am.			
		Slow Flow / Yin	FREE to resort guests & Country Club members (prior reservation required) Call <u>902.947.2550</u>			
and the second	and a second	/ Yoga Nidra#	The Pool Area will be closed to non-registered participants during this time.			
A M. Arren Shire Shire		Oceanfront Lawn				
5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm
Family Movie	Family Movie	Family Movie	Family Movie	Family Movie	Kidz Karnival	Kidz Karnival
Kids Zone	Kids Zone	Kids Zone	Kids Zone	Kids Zone	Oceanfront Lawn	Oceanfront Lawn
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm
Marshmallow Roast*	Marshmallow Roast*	Marshmallow Roast*	Marshmallow Roast*	Marshmallow Roast*	Marshmallow Roast*	Marshmallow Roast*
Oceanfront Fire Pit	Oceanfront Fire Pit	Oceanfront Fire Pit	Oceanfront Fire Pit	Oceanfront Fire Pit	Oceanfront Fire Pit	Oceanfront Fire Pit

***In inclement weather, Yoga will be moved indoors. ***In Inclement weather join us for Hot Chocolate in the Kids Zone. **Please note**: This schedule is subject to change without notice. Activities may be cancelled or relocated due to inclement weather.