



ZING AND SWING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	CALLING ALL TEENS						
11.00 - 11.45 AM	AQUA AEROBICS	STRETCHING	CARDIO FITNESS CLASS	PING PONG TOURNAMENT	AQUA AEROBICS	AQUA ZUMBA	AQUA FITNESS
12.00 - 13.30 PM	POOL GAMES	MOCKTAIL MAKING	WATER GAMES	CARROM	POOL GAMES	DANCE POOL CHALLENGE	BILLIARDS TOURNAMENT
	JOIN US!						
15:00 - 16.00 PM	TABLE TENNIS TOURNAMENT	AQUA GYM	DANCE LESSON	VOLLEYBALL	AQUA GYM	ARABIC DANCE LESSON	VOLLEYBALL
17.00 - 18:00 PM	TURBO BOXING & MUSIC AEROBICS CLASS	BASKET BALL CHALLENGE	FUN TUBE (LAY DOWN RIDE)	FOOTBALL	KAYAK ADVENTURE	FUN TUBE (SOFA RIDE)	PADDLE CHALLENGE

- Activities are subject to change due to the number of participants or weather permitting
- For all outdoor activities' sunscreen, a hat, and a rash guard is compulsory
- A disclaimer must be completed for water sports prior to participation *charges applicable
- Please note that breakfast, lunch, and dinner are not included in the listed activities
- Mocktail activity - one day prior booking is required.

*Please note that breakfast, lunch and dinner are not included in the activities listed

