

SEA CREST

BEACH HOTEL

SUMMER ACTIVITIES

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
7A-8A ADULT SWIM OUTDOOR POOL	7A-8A ADULT SWIM OUTDOOR POOL	7A-8A ADULT SWIM OUTDOOR POOL	7A-8A ADULT SWIM OUTDOOR POOL	7A-8A ADULT SWIM OUTDOOR POOL	7A-8A ADULT SWIM OUTDOOR POOL	8:30A-9:30A ZUMBA POOL DECK
8:30A-9:30A YOGA BY THE BEACH POOL DECK	8:30A-9:30A YOGA BY THE BEACH POOL DECK	8:30A-9:30A BEACH BOOT CAMP BEACH	8:30A-9:30A YOGA BY THE BEACH POOL DECK	8:30A-9:30A BEACH BOOT CAMP BEACH	8:30A-9:30A ZUMBA POOL DECK	9:45A-10:45A AQUA ZUMBA OUTDOOR POOL
10A-11A KIDS BINGO SCOUT ROOM	10A-11A EXPLORING SCIENCE & NATURE SCOUT ROOM	10A-11A KANGAROO CLUB BEACH	10A-11A SANDCASTLE BUILDING BEACH	10A-11A KANGAROO CLUB BEACH	10A-11A KIDS BINGO SCOUT ROOM	10A-11A SANDCASTLE BUILDING BEACH
11AM-12PM SCAVENGER HUNT INDOOR POOL DESK	11A-12P SANDCASTLE BUILDING BEACH	11A-12P SCAVENGER HUNT INDOOR POOL DESK	11A-12P EXPLORING SCIENCE & NATURE SCOUT ROOM	11A-12P SCAVENGER HUNT INDOOR POOL DESK	11A-12P EXPLORING SCIENCE & NATURE SCOUT ROOM	11A-12P KANGAROO CLUB BEACH
1P-2P TWEEN SCENE BEACH	1P-2P TWEEN SCENE BEACH	1P-2P TWEEN SCENE BEACH	1P-2P TWEEN SCENE BEACH	1P-2P TWEEN SCENE BEACH	1P-2P TWEEN SCENE BEACH	1P-2P TWEEN SCENE BEACH
2P-3P FACE PAINTING & LEMONADE POOLSIDE	2P-3P FACE PAINTING & LEMONADE POOLSIDE	2P-3P FACE PAINTING & LEMONADE POOLSIDE	2P-3P FACE PAINTING & LEMONADE POOLSIDE	2P-3P FACE PAINTING & LEMONADE POOLSIDE	2P-3P FACE PAINTING & LEMONADE POOLSIDE	2P-3P FACE PAINTING & LEMONADE POOLSIDE
3P-4P ARTS & CRAFTS SCOUT ROOM	3P-4P ARTS & CRAFTS SCOUT ROOM	3P-4P ARTS & CRAFTS SCOUT ROOM	3P-4P ARTS & CRAFTS SCOUT ROOM	3P-4P ARTS & CRAFTS SCOUT ROOM	3P-4P ARTS & CRAFTS SCOUT ROOM	3P-4P ARTS & CRAFTS SCOUT ROOM
7P-9P FAMILY MOVIE NIGHT	7P-9P FAMILY MOVIE NIGHT	7P-9P FAMILY MOVIE NIGHT	7P-9P FAMILY MOVIE NIGHT	7P-9P FAMILY MOVIE NIGHT	8P-10P FAMILY MOVIE NIGHT COURT YARD	8P-10P FAMILY MOVIE NIGHT COURT YARD

All activities subject to change due to weather

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BEACH HOTEL

AQUA ZUMBA

The “pool party” workout for all ages. It is a workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines. The Zumba programs fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

ADULT SWIM

Enjoy our beautiful outdoor pool, which overlooks Old Silver Beach, during this time for adults only!

ARTS & CRAFTS

Bring home something special from your trip to Sea Crest! Meet us in the Scout Room by the indoor pool for a daily Arts and Crafts session!

BEACH BOOT CAMP

This class is designed for all fitness levels and sneakers are encouraged but not mandatory. A brief warm up followed by; squats, lunges, push-up and planks get the body moving. Triceps’ presses, core and back strengthening followed by cool down and stretching leaves one feeling invigorated. Water is a must we ask that you be 12 or older to participate.

BINGO

Bring the whole family in the Scout Room for a game of Bingo and a chance to win great prizes from our Treasure Chest!

FACE PAINTING & LEMONADE

Get your face painted while enjoying a delicious glass of ice cold lemonade on the pool deck!

KANGAROO CLUB

Fun for all ages! High energy games including three legged races, Potatoes sack races, Wet Noodle Relay Races, Tug-A-War and more!

MOVIE NIGHT

Gather the kids and join us for a family friendly movie on the Big Screen!

RESORT GAMES

Relax on the beach with Ladder ball, Corn Hole, Bocce Ball, Croquet, Volley Ball, Kan Jam, available all day. See Indoor Pool Desk for sign out sheet.

SAND CASTLES ON THE BEACH

Join us on the beach with your pails and shovels for some Sand Castle building!

SCAVENGER HUNT

Gather at the Indoor Pool desk to embark on a journey throughout the Resort. There we will set sail on a hunt for treasures. Winner takes the prize!

SCIENCE & NATURE

Come join us in the Scout Room to experiment and occasionally get your hands sticky while doing fun science experiments and learning about Mother Nature!

TWEEN SCENE

Kids between ages 8-15 now is your time! Come hang out with us on the beach for some fun! Capture the Flag, Kick the Can, Dodge Ball, Volley Ball and more!

YOGA

All levels: 60 min. Whether you are an experienced yogi or a curious newbie, a yoga getaway is a great way to refresh and rejuvenate. Join us for yoga ocean side. Classes are offered by a certain 200 hr. RYT yoga instructor. Sculpt and tone your muscles while freeing your mind. Vinyasa yoga uses the flow of breathing and movement to build heat, flexibility, strength, and focus.

ZUMBA

Let the dance party begin! Come and dance to Latin and World beats while burning calories. Geared to all levels, this super FUN class will make you smile and sweat. This is a class you simply can't miss.