

# **Family Activities**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	OUTDOOR POOL LAP SWIMMING	OUTDOOR POOL LAP SWIMMING	OUTDOOR POOL LAP SWIMMING	OUTDOOR POOL LAP SWIMMING	OUTDOOR POOL LAP SWIMMING	OUTDOOR POOL LAP SWIMMING	OUTDOOR POOL LAP SWIMMING
8:30AM	YOGA	YOGA	BEACH BOOT CAMP	YOGA	BEACH BOOT CAMP	YOGA	YOGA
10:00AM	BEACH SPORT GAMES	FAMILY CORN HOLE	WELCOME TO CAPE COD	FAMILY CORN HOLE	WELCOME TO CAPE COD	FAMILY CORN HOLE	PILATES WELCOME TO CAPE COD
11:00AM	ARTS & CRAFTS	SAND CASTLE BUILDING & WHIFFLE BALL	KANGAROO CLUB & CAPTURE THE FLAG	SAND CASTLE BUILDING & BEACH SOCCER	BLOCK BUILDING & FOUR SQUARE & ICE POPS	SAND CASTLE BUILDING & WHIFFLE BALL	KANGAROO CLUB & BEACH OLYMPICS
1:00PM	FACE PAINTING & ICE COLD LEMONADE	FACE PAINTING & ICE COLD LEMONADE	FACE PAINTING & ICE COLD LEMONADE	FACE PAINTING & ICE COLD LEMONADE	FACE PAINTING & ICE COLD LEMONADE	FACE PAINTING & ICE COLD LEMONADE	FACE PAINTING & ICE COLD LEMONADE
2:00PM	SCAVENGER PHOTO HUNT	CORN HOLE, KAN JAM, & BUBBLES	RUBBER DUCK RACING, FOUR SQUARE & ICE POPS	ARTS & CRAFTS	SCAVENGER PHOTO HUNT	ARTS & CRAFTS	CORN HOLE, KAN JAM, & BUBBLES
3:00PM	FAMILY CORN HOLE	BEACH SPORT GAMES	FAMILY CORN HOLE	BEACH SPORT GAMES	FAMILY CORN HOLE	BEACH SPORT GAMES	FAMILY CORN HOLE
7:00PM	FAMILY FUN BINGO	FAMILY FUN BOARD GAME NIGHT	FAMILY FUN KARAOKE	FAMILY TRIVIA NIGHT	FAMILY FUN PAINT BY NUMBERS	FAMILY FUN KARAOKE	FAMILY FUN BINGO
8:00PM	FAMILY MOVIE NIGHT	FAMILY MOVIE NIGHT	FAMILY MOVIE NIGHT	FAMILY MOVIE NIGHT	FAMILY MOVIE NIGHT	FAMILY MOVIE NIGHT	FAMILY MOVIE NIGHT



## **Family Activities**

#### **FAMILY MOVIE NIGHT**

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

#### **BEACH BOOT CAMP**

This class is designed to be invigorating exercise for all fitness levels. It includes a brief warm up followed by squats, lunges, push-ups and planks to get the body moving before some core and back strengthening followed by cool down and stretching. Naturally, we also provide water for hydration. Participants must be 12 or older.

#### **BEACH SPORTS GAMES**

Enjoy a fun game of volleyball, soccer, whiffle ball, and Kan Jam on the sand of Old Silver Beach!

#### **FACE PAINTING & LEMONADE**

Decorate yourself with everything from animal masks to butterflies. Spectators may enjoy a delicious poolside glass of ice-cold lemonade!

#### **FAMILY CORN HOLE**

Compete on the beach playing Corn Hole with your family. See Indoor Pool Desk for signup sheet.

#### **FAMILY FUN BINGO**

Swing by for a game of bingo alongside your family.

#### **FAMILY FUN BOARD GAME NIGHT**

Choose from a variety of classic and new best-selling family board games. We will have an instructor to help assist with the official directions and rules.

#### **FAMILY FUN KARAOKE**

Belt out your favorite tunes while on vacation with your family.

#### **FAMILY FUN PAINT BY NUMBERS**

Have a fun, yet therapeutic night out with your family by using your artistic side!

#### **FAMILY FUN TRIVIA NIGHT**

Answer questions about pop culture, history, sports, and so much more with your family and friends as your teammates.

#### **OUTDOOR POOL LAP SWIMMING**

Enjoy our tranquil and beautiful outdoor pool during this time for adults only! Our outdoor pool overlooks Old Silver Beach.

#### **YOGA**

Join us for a free hour of yoga. Whether you are an experienced yogi or a curious newbie, this brief yoga getaway is a great way to refresh and rejuvenate. Sculpt and tone your muscles while freeing your mind.

#### **PILATES**

Come start your morning improving your strength, flexibility, and posture with our Pilates class outside in the beautiful morning sun.

## **ARTS AND CRAFTS (All ages)**

Create a special piece of art to bring home with you from the Sea Crest Beach Hotel!

## **SAND CASLE BUILDING (All ages)**

See who can build the most extravagant castle while enjoying the sounds of summer on the beach.

## WHIFFLE BALL (7 and up)

Come join us for a competitive fun filled game of whiffle ball.

## KANGAROO CLUB (3 and up)

High energy games including three legged races, potato sack races, wet noodle relay races and more!

### CAPTURE THE FLAG (7 and up)

Come play an active fast-pace team game on Old Silver Beach.

#### **BEACH SOCCER (All ages)**

Come play soccer on the beach!

#### **BLOCK BUILDING (3-8)**

Create buildings and cities using your imagination with our building blocks on the beach.

## FOUR SQUARE AND ICE POPS (6 and up)

Four square is played on our courtyard. The objectives of four square are to eliminate other players to win! After playing an intense game of four square indulge in a frozen pop.

## **BEACH OLYMPICS (All ages)**

Bucket brigades, tug-of-war, and relay races by age.

## **SCAVENGER PHOTO HUNT (All ages)**

Look around Sea Crest Beach Hotel for clues to where each photo is taken. Once complied, return to the indoor pool desk to claim your prize!

## CORN HOLE, KAN JAM AND BUBBLES (All ages)

Come throw a frisbee or toss some beanbags to participate in two fun well-known games on Old Silver Beach. Bubbles provided to the little ones.

#### **WELCOME TO CAPE COD**

Your personal concierge introduction to everything Sea Crest & Cape Cod.