

# ACTIVITIES CALENDAR: APRIL 2019



TIME/VENUE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 7:45 MINA A'SALAM WATERSPORTS		TALISE POWER FIT ON THE BEACH		TALISE POWER FIT ON THE BEACH		PETANQUE	
10:00 - 11:00 MINA A'SALAM WATERSPORTS	KAYAKING		STAND-UP PADDLE BOARDING		LADDER GOLF		STAND-UP PADDLE BOARDING

## AQUA FUN

TIME/VENUE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 - 12:00 AL QASR MAIN POOL	WATER POLO	BOOGIE BOARD RACE	POOL VOLLEYBALL	WATER POLO	BOOGIE BOARD RACE	POOL VOLLEYBALL	BOOGIE BOARD RACE
11:00 - 12:00 MINA A'SALAM MAIN POOL	BOOGIE BOARD RACE	WATER POLO	BOOGIE BOARD RACE	WATER BASKETBALL	WATER POLO	BOOGIE BOARD RACE	WATER POLO

## RECREATIONAL ACTIVITIES

TIME/VENUE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00 MINA A'SALAM PLAYING AREA	PLINKO GAME	AL QASR TABLE TENNIS TOURNAMENT	FRISBEE CHALLENGE	JENGA	AL NASEEM TABLE TENNIS TOURNAMENT	ARCHERY	MINI GOLF CHALLENGE
14:00 - 15:00 AL QASR WATERSPORTS	KIDS YOGA CLASS	SAND CASTLE BUILD	BOWLING	PETANQUE CHALLENGE	SAND CASTLE BUILD	BOWLING	ARCHERY
15:00 - 16:00 MINA A'SALAM WATERSPORTS	TABLE TENNIS	ARCHERY	KITE FLYING	KIDS YOGA CLASS	LADDER GOLF	TABLE TENNIS	BEACH VOLLEYBALL
17:00 - 18:00 AL QASR & MINA A'SALAM	BILLIARD GAME (AL QASR)	FOOTBALL MATCH (MINA A'SALAM)	LADDER GOLF (MINA A'SALAM)	BEACH VOLLEYBALL (AL QASR)	BILLIARD GAME (JUMEIRAH AL NASEEM)	FOOTBALL MATCH	CONNECT FOUR CHALLENGE

## FAMILY FUN

17:00 - 18:00 MEET AT AL QASR WATER SPORTS HUT	BEACH FOOTBALL, BEACH VOLLEYBALL, PETANQUE, BADMINTON, TABLE TENNIS, TUG OF WAR, SAND DARTS						
9:00 - 11:00 17:00 - 19:00	WALL CLIMBING SESSIONS WITH CERTIFIED INSTRUCTOR FOR KIDS AND ADULTS TALISE FITNESS AT JUMEIRAH MINA A'SALAM						
TALISE POWER FIT ON THE BEACH	A fusion of intense short Cardio Vascular and Functional Training exercises. Using the most innovative tools TRX, ViPR, Kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun outdoor environment.						

All water sports activities are dependent on weather conditions.

For further information please call our extension numbers: Jumeirah Al Qasr 5892 / Jumeirah Al Naseem 7571