

WINTER

CHILDREN DAILY ACTIVITIES

0 – 1 YRS



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00	FEEL N FIND	SENSORY PLAYDOUGH	HIGH CONTRAST POM POM SENSORY	OCEAN SENSORY PLAY	SENSORY PLAYDOUGH	SAND SCULPTING	SOAPY FOAM PLAY
10:00	BUSY BOX	WATER BABIES	DIY TEXTURE BOARD	FEEL N FIND	FINGER PAINTING	PETAL WATER PLAY	SENSORY BOX
11:00	POM POM DROP	SENSORY BOX	FINGER PAINTING	SENSORY BOX	POM POM DROP	WATER PLAY	BODY ART 50 QAR

LUNCH BREAK AND RELAXING TIME

14:00	CERAMIC PRINTS 100 QAR	SAND SCULPTING	WATER BABIES	BODY ART 50 QAR	MUSIC WITH WATER	WATER PLAY	CERAMIC PRINTS 100 QAR
15:00	SOOTHING STORIES	BUBBLE PLAY	SOAPY FOAM PLAY	PETAL WATER PLAY	DIY TEXTURE BOARD	HIGH CONTRAST POM POM SENSORY	SOOTHING STORIES
16:00	MUSIC WITH WATER	OCEAN SENSORY PLAY	SOFT SOUNDS	BUSY BOX	WATER BABIES	BUBBLE PLAY	SOFT SOUNDS
17:00	STROLLER WALK	STROLLER WALK	STROLLER WALK	STROLLER WALK	STROLLER WALK	STROLLER WALK	STROLLER WALK

- Management reserves the right to change activities without prior advice to the clients.
- Meeting point will be Discovery Oasis reception area.
- A parent or a care giver needs to always be present in the studio.

WINTER

CHILDREN DAILY ACTIVITIES

2 - 3 YRS



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00	NATURE'S SORT & DROP	SENSORY PLAYDOUGH	ICE LOLLY PAINT	OCEAN SENSORY PLAY	SENSORY PLAYDOUGH	SAND SCULPTING	SOAPY FOAM PLAY
10:00	POM POM DROP	PATTERN BALANCE	HEDGEHOG STRETCHING	TRANSFER BALL SKILLS	SCAVENGER HUNT	OBSTACLE COURSE	EXPLORE THE ENVIRONMENT
11:00	LEAFY PRINTS 50 QAR	LEAFY ANIMALS 50 QAR	ROCK PAINTING 50 QAR	PHOTO FRAME 50 QAR	CONTACT PAPER COLLAGE 50 QAR	LEAFY PRINTS 50 QAR	BODY ART 50 QAR

LUNCH BREAK AND RELAXING TIME

14:00	SLIME 100 QAR	SAND SCULPTING	FLOAT OR SINK	BODY ART 50 QAR	SLIME 100 QAR	ROCK PAINTING 50 QAR	CERAMIC PRINTS 100 QAR
15:00	GIANT JEWELLERY	FEEL N FIND	GIANT SHAPES MATCH	SENSORY BOX	MEMORY MATCH	FAMILY LEAF	SOOTHING STORIES
16:00	MUSIC WITH WATER	SOAPY FOAM PLAY	FEEL N FIND	ALPHABET FISHING	ALPHABET HUNT	NATURAL STICK MAZE	FEEL N FIND
17:00	NATURE WALK	FLOATING MEDITATION	SOOTHING STORIES	MANGROVE ADVENTURE	NATURE WALK	FLOATING MEDITATION	MANGROVE ADVENTURE

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ACTIVITIES DESCRIPTION

Natures Sort & Drop

An engaging activity that introduces children to natural materials and the environment, promoting fine motor skill development as they scoop, grab, and transfer items. This activity enhances tactile exploration and connection with nature.

Sensory Play Dough

A hands-on activity designed to teach children how to create playdough while heightening their sensory experiences of touch, smell, and sight. This activity encourages creativity and sensory exploration.

Body Art

An expressive activity allowing children to use their bodies to create art, fostering freedom of expression, body awareness, and curiosity. This promotes exploration and self-discovery through artistic creativity.

Ocean Sensory Play

An interactive activity highlighting the importance of the ocean and its environment through sensory play. Children will develop sensory skills while learning about marine life and environmental conservation.

See Sound Experiment

A scientific activity demonstrating how sound can be visually observed, helping children understand sound production and sensory skills development. This experiment supports cognitive and sensory learning.

Soapy Foam Play

A tactile activity designed to develop sensory skills by allowing children to explore different textures through soapy foam. This encourages sensory exploration and fine motor development.

Ice Lolly Paint

A creative activity that introduces children to sustainable art materials by using ice lollies for painting. This promotes self-direction, curiosity, and artistic expression through an eco-friendly approach.

Water Play – Sponges in Warm Water

Aim:

To encourage sensory exploration through touch and temperature while supporting fine motor skills and hand-eye coordination.

Alphabet Fishing

An educational activity supporting phonological awareness by helping children recognize and identify different letters of the alphabet. This activity aids in constructing words and developing literacy skills.

Natural Stick Maze

An outdoor activity designed to enhance children's awareness of their surroundings and support their physical and mental well-being. This natural stick maze also develops problem-solving skills and promotes active engagement with nature.

Music With Water

An auditory activity that broadens children's sensory experiences and cognitive skills by using water levels in jars to create different sounds. This promotes creativity and understanding of sound and music.

Feel n Find

A sensory activity that supports the development of tactile and sensory awareness. Children will touch, feel, and possibly smell different items to recognize and identify various objects, enhancing sensory perception and cognitive skills.

Memory Match

An engaging activity designed to enhance children's cognitive skills by challenging their memory and problem-solving abilities.

Participants are presented with a set of cards or objects placed face down, and they must turn them over in pairs to find matching pairs.

Pom Pom Drop

This activity is to promote the development of fine motor skills and to encourage toddlers to use their skills in sorting, matching and colors.

Pattern Balance

The aim of this activity is to promote the development of children's gross motor skills as they walk, run, skip, hop & jump. This will also develop their cognitive skills as they learn to make their own patterns.

Hedgehog Stretching

Gentle exercises designed specifically for infants to promote flexibility and motor development in a safe and enjoyable manner. It's a wonderful way for parents and caregivers to bond with their little ones while supporting their physical development and well-being.

Contact Paper Collage

The aim is for the children to use the environment to create their own art expressions. By incorporating elements from the natural environment, such as leaves, flowers, and sticks, kids can design captivating collages on adhesive contact paper.

Leafy Prints

An engaging activity focused on enhancing children's hand-eye coordination, fine motor skills, and attention to detail. Participants create artwork by using leaves as stamps to make prints, promoting creativity and exploration of patterns.

Sand Sculpting

An engaging activity where children use sand to create sculptures, encouraging them to explore their surroundings while enhancing their fine motor skills. By scooping, transferring, and pouring sand, kids develop coordination and creativity while connecting with their environment.

Giant Shapes

An interactive activity designed to enhance children's cognitive abilities in sorting and matching. Children are encouraged to match oversized shapes, fostering cognitive development while also promoting positive behavior through engagement and stimulation.

Mangrove Adventure

An immersive outdoor experience designed to ignite children's imagination, creativity, and connection with nature. This hands-on adventure encourages curiosity, problem-solving, and teamwork, fostering holistic development.

Float or Sink

By engaging in hands-on experimentation, children learn about the properties and factors influencing whether an object floats or sinks in water, fostering curiosity and understanding in a fun and engaging way.

Sensory Box

A tactile and interactive learning tool designed to stimulate the senses and promote various aspects of child development. By engaging with different textures, objects, and materials, sensory boxes support language development, cognitive growth, motor skills, and social interaction.

Soothing Stories

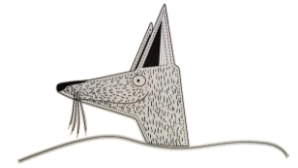
An activity designed to cultivate a tranquil atmosphere while allowing children to retell and reimagine their beloved tales.

Through this activity, children engage in storytelling, fostering creativity, relaxation, and a sense of comfort as they delve into familiar narratives within a serene setting.

WINTER

CHILDREN DAILY ACTIVITIES

4 - 8 YRS



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00	ACTIVE BINGO (C)	ALPHABET STRETCH (C)	BADMINTON (C)	ULTIMATE FRISBEE (C)	ALPHABET HUNT (C)	DODGEBALL (C)	CAPTURE THE FLAG (C)
10:00	PAPER MAKING & ORIGAMI (C)	HANDMADE PHOTO FRAMES (C)	DISCOVER SKETCHING(C)	ROCK PAINTING (C)	FAMILY TREE (C)	UPCYCLING WORKSHOP (C)	ACTIVE BINGO (C)
11:00	TRAMPOLINE FIT (C) 100 QAR	TABLE TENNIS (C) 100 QAR	PADEL TENNIS (C) 125 QAR	CIRCUIT TRAINING (C) 50 QAR	NATURE BRACELETS (C) 100 QAR	KAYAKING & SUP (C) 200 QAR	TRAMPOLINE FIT (C) 100 QAR

LUNCH BREAK AND RELAXING TIME

14:00	DOT PAINTING 100 QAR	CERAMIC HANDPRINTS 100 QAR	SLIME 100 QAR	POTTERY 150 QAR	CANDLE MAKING 150 QAR	MOCKTAIL MAKING 125 QAR	BATH BOMBS 150 QAR
15:00	EMBRACE OUR TRADITIONS (F)	THE MINDFULNESS GAME (F)	GREEN LIGHT RED LIGHT(F)	TEAM CHAMPIONSHIPS (F)	CIRCLE OF TRUST (F)	SILENT BALL (F)	YOU KNOW (F)
16:00	CANDLE MAKING 150 QAR	POTTERY 150 QAR	BATH BOMBS 150 QAR	MOCKTAIL MAKING 125 QAR	CERAMIC MAKING 100 QAR	PRACTICE YOUR SWING AND SAVE THE FISH (F) 300 QAR	SLIME 100 QAR
17:00	MINDFULNESS (F)	ANIMAL YOGA (F)	NATURE WALK (F)	FLOATING MEDITATION (F) 125 QAR	MANGROVE PLANTING(F)	KARAOKE (F)	MOVIE NIGHT (F)

PHYSICAL ACTIVITIES

CONNECTION & NUTRITION

ARTISTIC & COGNITIVE

MINDFULNESS

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- (C) Child centred activity
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- Sports shoes and outfit advisable to attend the activities.
- Meeting point will be Discovery Oasis reception area.
- * Add on activity/ À la carte.

ACTIVITIES DESCRIPTION

Swimming Fun

Exciting aquatic activity designed for kids and families to enjoy together in the pool. These sessions often include games, races, and water-based challenges, promoting water safety skills and confidence while having a splashing good time.

Kayaking & SUP

Family-friendly water adventures where children and parents can paddle together in kayaks or on stand-up paddleboards (SUPs). These outings provide opportunities for exploration, teamwork, and bonding while experiencing the beauty of nature from a unique perspective.

Dodgeball

Energetic and inclusive game where participants throw soft balls at each other while dodging incoming throws. Dodgeball encourages teamwork, coordination, and friendly competition, making it a thrilling activity for kids to enjoy together.

Water Frisbee: A fun twist on the classic frisbee game played in or water. Kids can toss frisbees to each other, aiming for catches or targets, while enjoying the refreshing water elements. It's a great way to stay active and cool off on hot days.

Stretch Class

Gentle and interactive stretching sessions designed for kids and families to improve flexibility, mobility, and relaxation. It's a great way to unwind and promote overall well-being as a family.

Clay Workshop

A hands-on creative experience where families can sculpt and mold clay into various shapes and designs. It encourages artistic expression, fine motor skills, and imagination, allowing participants to craft unique clay creations to take home.

Slime

An entertaining and sensory activity where kids mix ingredients like glue, water, and activator to create colorful and stretchy slime. It's a fun and interactive way to explore science and chemistry while promoting sensory play and creativity.

Origami

The traditional Japanese art of paper folding, where participants transform paper into intricate shapes and figures through folding techniques. Origami fosters patience, concentration, and spatial awareness.

Paper Making

A hands-on craft where participants recycle old paper scraps to create new sheets of handmade paper. Children learn about sustainability and the paper-making process while experimenting with textures, colors, and patterns.

Rock Painting

A creative activity where kids paint designs and patterns on smooth rocks using acrylic paints. It encourages artistic expression, and community engagement as participants can hide their painted rocks in public spaces for others to find.

Circle of Trust

Supportive card games aimed at fostering trust, empathy, and connection among family members, typically through sharing experiences, emotions, and mutual support.

My Healthy Plate

A nutritional concept emphasizing balanced eating habits by structuring meals around key food groups to ensure adequate intake of essential nutrients. It promotes portion control and variety, aiming for optimal health and well-being.

Practice Your Swing and Save the Fish

A unique golfing experience where participants use biodegradable golf balls filled with fish food instead of traditional balls. As golfers practice their swings, the biodegradable balls dissolve in the sea, releasing fish food to support aquatic life.

Mangrove Planting

An environmental conservation activity involving the planting of mangrove trees in our coastal area. This activity aims to restore or enhance mangrove habitats to support biodiversity and mitigate the impacts of coastal development.

Bath Bombs

Creative activity involving the crafting of colorful and fragrant bath bombs using various ingredients like essential oils, baking soda, and citric acid. It offers a hands-on experience in creating personalized bath products, adding fun and relaxation to bath time routines.

Mindfulness

Mind-body practices that promote relaxation, focus, and physical well-being. Involves techniques to calm the mind and enhance awareness, while combines physical postures, breathing exercises, and meditation for holistic health benefits.

Floating Meditation

A unique meditation experience combining flotation with guided meditation audio played through headphones. Participants float effortlessly in the pool, promoting deep relaxation and mental clarity while immersing in calming and introspective meditation guidance.

Nature Bracelets

A creative activity designed to deepen our connection with the natural world by using natural resources to craft bracelets. This activity promotes creativity and an appreciation for nature.

Twig Weaving

An activity that introduces children to local culture while supporting their emotional and social development. By weaving with twigs, children enhance their fine motor skills and hand-eye coordination, fostering creativity and cultural awareness.

Recycling Workshop

An educational workshop aimed at developing children's understanding of sustainability. This activity provides knowledge on how to incorporate sustainable practices into daily life, promoting environmental responsibility.

Mocktail Making

A fun and educational activity teaching children how to create healthy and delicious mocktails. This activity promotes healthier beverage choices and provides a practical skill for everyday life.

Seed Bombs

An interactive activity that educates children about environmental stewardship by creating seed bombs. This activity enhances their understanding of nature and fosters positive feelings as they engage in planting and caring for the environment.

Canvas Painting

A creative activity designed to unlock children's artistic potential by allowing them to express themselves through canvas painting. This activity nurtures creativity and self-expression.

Embroidery

An activity that develops children's fine motor skills, confidence, and focus through the art of embroidery. Using plastic needles for safety, children engage in a creative process that enhances their dexterity and concentration.

Animal Yoga

A physical activity that promotes flexibility, coordination, and body awareness in a natural setting. This activity supports a sense of calmness and serenity while encouraging a healthy and active lifestyle.

Active Bingo

A dynamic activity designed to boost children's confidence and focus through physical exercises. This engaging game promotes physical fitness and active participation.

Circuit Training

A comprehensive physical activity focusing on children's overall well-being. By communicating and cooperating with others, children enhance their social and emotional development while staying physically active.

WINTER

CHILDREN DAILY ACTIVITIES

9 - 12 YRS



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00	VOLLEYBALL (C)	TEAM ROUNDERS (C)	BADMINTON (C)	ZUMBA (C)	TABLE TENNIS(C)	DODGEBALL (C)	ACTIVE BINGO (C)
10:00	ROCK PAINTING (C)	UPCYCLING WORKSHOP (C)	FAMILY TREE (C)	PAPER MAKING & ORIGAMI (C)	SKETCHING (C)	DISCOVER POTRAITS (C)	BOARD GAMES (C)
11:00	PADEL TENNIS (C) 125 QAR	AQUA FIT (C) 100 QAR	STRETCH CLASS (C) 50 QAR	AQUA BOXING (C) 100 QAR	CIRCUIT TRAINING (C) 50 QAR	TRAMPOLINE FIT (C) 100 QAR	KAYAKING & SUP(C) 200 QAR

LUNCH BREAK AND RELAXING TIME

14:00	CANDLE MAKING 150 QAR	POTTERY 150 QAR	SLIME 100 QAR	DOT PAINTING 100 QAR	MOCKTAIL MAKING 125 QAR	CERAMIC MAKING 100 QAR	EMBROIDERY 100 QAR
15:00	EMBRACE OUR TRADITIONS (F)	THE MINDFULNESS GAME (F)	CIRCUIT TRAINING (F)	TEAM CHAMPIONSHIPS (F)	CIRCLE OF TRUST (F)	SILENT BALL (F)	TOTEM GAME (F)
16:00	DOT PAINTING 100 QAR	CERAMIC HANDPRINTS 100 QAR	CANDLE MAKING 150 QAR	POTTERY 150 QAR	BATH BOMBS 150 QAR	PRACTICE YOUR SWING AND SAVE THE FISH (F) 300 QAR	MOCKTAIL MAKING 125 QAR
17:00	CANDLE GAZING (F)	WELLNESS YOGA (F)	MINDFULNESS (F)	FLOATING MEDITATION 125 QAR	BEACH STRETCH CLASS (F)	KARAOKE (F)	MOVIE NIGHT (F)

PHYSICAL ACTIVITIES

CONNECTION & NUTRITION

ARTISTIC & COGNITIVE

MINDFULNESS

- (F) Family centred activities
- (C) Child centred activity
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- Sports shoes and outfit advisable to attend the activities.
- Meeting point will be Discovery Oasis reception area.
- * Add on activity/ À la carte.

ACTIVITIES DESCRIPTION

Swimming Fun

Exciting aquatic activity designed for kids and families to enjoy together in the pool. These sessions often include games, races, and water-based challenges, promoting water safety skills and confidence while having a splashing good time.

Kayaking & SUP

Family-friendly water adventures where children and parents can paddle together in kayaks or on stand-up paddleboards (SUPs). These outings provide opportunities for exploration, teamwork, and bonding while experiencing the beauty of nature from a unique perspective.

Dodgeball

Energetic and inclusive game where participants throw soft balls at each other while dodging incoming throws. Dodgeball encourages teamwork, coordination, and friendly competition, making it a thrilling activity for kids to enjoy together.

Water Frisbee: A fun twist on the classic frisbee game played in or water. Kids can toss frisbees to each other, aiming for catches or targets, while enjoying the refreshing water elements. It's a great way to stay active and cool off on hot days.

Stretch Class

Gentle and interactive stretching sessions designed for kids and families to improve flexibility, mobility, and relaxation. It's a great way to unwind and promote overall well-being as a family.

Clay Workshop

A hands-on creative experience where families can sculpt and mold clay into various shapes and designs. It encourages artistic expression, fine motor skills, and imagination, allowing participants to craft unique clay creations to take home.

Slime

An entertaining and sensory activity where kids mix ingredients like glue, water, and activator to create colorful and stretchy slime. It's a fun and interactive way to explore science and chemistry while promoting sensory play and creativity.

Origami

The traditional Japanese art of paper folding, where participants transform paper into intricate shapes and figures through folding techniques. Origami fosters patience, concentration, and spatial awareness.

Paper Making

A hands-on craft where participants recycle old paper scraps to create new sheets of handmade paper. Children learn about sustainability and the paper-making process while experimenting with textures, colors, and patterns.

Rock Painting

A creative activity where kids paint designs and patterns on smooth rocks using acrylic paints. It encourages artistic expression, and community engagement as participants can hide their painted rocks in public spaces for others to find.

Circle of Trust

Supportive card games aimed at fostering trust, empathy, and connection among family members, typically through sharing experiences, emotions, and mutual support.

My Healthy Plate

A nutritional concept emphasizing balanced eating habits by structuring meals around key food groups to ensure adequate intake of essential nutrients. It promotes portion control and variety, aiming for optimal health and well-being.

Practice Your Swing and Save the Fish

A unique golfing experience where participants use biodegradable golf balls filled with fish food instead of traditional balls. As golfers practice their swings, the biodegradable balls dissolve in the sea, releasing fish food to support aquatic life.

Mangrove Planting

An environmental conservation activity involving the planting of mangrove trees in our coastal area. This activity aims to restore or enhance mangrove habitats to support biodiversity and mitigate the impacts of coastal development.

Bath Bombs

Creative activity involving the crafting of colorful and fragrant bath bombs using various ingredients like essential oils, baking soda, and citric acid. It offers a hands-on experience in creating personalized bath products, adding fun and relaxation to bath time routines.

Mindfulness

Mind-body practices that promote relaxation, focus, and physical well-being. Involves techniques to calm the mind and enhance awareness, while combines physical postures, breathing exercises, and meditation for holistic health benefits.

Floating Meditation

A unique meditation experience combining flotation with guided meditation audio played through headphones. Participants float effortlessly in the pool, promoting deep relaxation and mental clarity while immersing in calming and introspective meditation guidance.

Nature Bracelets

A creative activity designed to deepen our connection with the natural world by using natural resources to craft bracelets. This activity promotes creativity and an appreciation for nature.

Twig Weaving

An activity that introduces children to local culture while supporting their emotional and social development. By weaving with twigs, children enhance their fine motor skills and hand-eye coordination, fostering creativity and cultural awareness.

Recycling Workshop

An educational workshop aimed at developing children's understanding of sustainability. This activity provides knowledge on how to incorporate sustainable practices into daily life, promoting environmental responsibility.

Mocktail Making

A fun and educational activity teaching children how to create healthy and delicious mocktails. This activity promotes healthier beverage choices and provides a practical skill for everyday life.

Seed Bombs

An interactive activity that educates children about environmental stewardship by creating seed bombs. This activity enhances their understanding of nature and fosters positive feelings as they engage in planting and caring for the environment.

Canvas Painting

A creative activity designed to unlock children's artistic potential by allowing them to express themselves through canvas painting. This activity nurtures creativity and self-expression.

Embroidery

An activity that develops children's fine motor skills, confidence, and focus through the art of embroidery. Using plastic needles for safety, children engage in a creative process that enhances their dexterity and concentration.

Animal Yoga

A physical activity that promotes flexibility, coordination, and body awareness in a natural setting. This activity supports a sense of calmness and serenity while encouraging a healthy and active lifestyle.

Active Bingo

A dynamic activity designed to boost children's confidence and focus through physical exercises. This engaging game promotes physical fitness and active participation.

Circuit Training

A comprehensive physical activity focusing on children's overall well-being. By communicating and cooperating with others, children enhance their social and emotional development while staying physically active.

WINTER

CHILDREN DAILY ACTIVITIES

13 - 17 YRS



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00	STRETCH CLASS (C)	TABLE TENNIS (C)	MORNING JOG (C)	BADMINTON (C)	VOLLEYBALL (C)	TEAM ROUNDERS (C)	ZUMBA (C)
10:00	DISCOVER POTRAITS (C)	ORIGAMI (C)	DOT PAINTING (C)	CANVAS PAINTING (C)	BOARD GAMES (C)	STUNT KITES (C)	CHESS (C)
11:00	PADEL TENNIS (C) 125 QAR	GYM	CIRCUIT TRAINING (C) 50 QAR	TRAMPOLINE FIT (C) 100 QAR	GYM	AQUA BOXING (C) 100 QAR	AQUA FIT (C) 100 QAR

LUNCH BREAK AND RELAXING TIME

14:00	POTTERY 150 QAR	DOT PAINTING 100 QAR	MOCKTAIL MAKING 125 QAR	SKETCH EXPRESSION 100 QAR	EMBROIDERY 100 QAR	PRACTICE YOUR SWING AND SAVE THE FISH (F) 300 QAR	MOCKTAIL MAKING 125 QAR
15:00	EMBRACE OUR TRADITIONS (F)	THE MINDFULNESS GAME (F)	CIRCUIT TRAINING (F)	TEAM CHAMPIONSHIPS (F)	CIRCLE OF TRUST (F)	SILENT BALL (F)	TOTEM GAME (F)
16:00	CERAMIC HANDPRINTS 100 QAR	CANDLE MAKING 150 QAR	EMBROIDERY 100 QAR	DOT PAINTING 100 QAR	POTTERY 150 QAR	PADEL TENNIS 125 QAR	KAYAKING & SUP(C) 200 QAR
17:00	BEACH STRETCH CLASS (F)	MINDFULNESS (F)	WELLNESS YOGA (F)	CANDLE GAZING (F)	MOVIE NIGHT (F)	FLOATING MEDITATION 125 QAR	KARAOKE (F)

PHYSICAL ACTIVITIES

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ARTISTIC & COGNITIVE

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Dodgeball

Energetic and inclusive exercise that takes place in the water, on a floating mat. It's designed to provide a low-impact workout that combines cardiovascular, strength, and flexibility training.

Water Frisbee: A fun twist on the classic frisbee game played in or water. Kids can toss frisbees to each other, aiming for catches or targets, while enjoying the refreshing water elements. It's a great way to stay active and cool off on hot days.

Stretch Class

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