



ACTIVITIES CALENDAR

January 2023

SATURDAYS	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<u>9:00 AM</u> Potato Sack Race <i>Terrace</i>	<u>9:00 AM</u> Family Scavenger Hunt <i>Terrace</i>	<u>9:00 AM</u> Egg and Spoon Race <i>Terrace</i>	<u>9:00 AM</u> Hula Hoop Competition <i>Terrace</i>	<u>9:00 AM</u> Potato Sack Race <i>Terrace</i>	<u>9:00 AM</u> Family Scavenger Hunt <i>Terrace</i>	<u>9:00 AM</u> Egg and Spoon Race <i>Terrace</i>
<u>10:00 AM</u> Design A Bag (\$10) <i>Surf Club</i>	<u>10:00 AM</u> DIY Coin Bank (\$10) <i>Surf Club</i>	<u>10:00 AM</u> Create A Pillowcase (\$10) <i>Surf Club</i>	<u>10:00 AM</u> Decorate A Magnet (\$10) <i>Surf Club</i>	<u>10:00 AM</u> Design A Bag (\$10) <i>Surf Club</i>	<u>10:00 AM</u> DIY Coin Bank (\$10) <i>Surf Club</i>	<u>10:00 AM</u> Create A Pillowcase (\$10) <i>Surf Club</i>
<u>11:00 AM</u> Dive For Goodies <i>Lagoon Pool</i>	<u>11:00 AM</u> Rubber Duck Swim <i>Lagoon Pool</i>	<u>11:00 AM</u> Water Balloon Toss <i>Terrace</i>	<u>11:00 AM</u> Harbor Beach Agility <i>Terrace</i>	<u>11:00 AM</u> Dive For Goodies <i>Lagoon Pool</i>	<u>11:00 AM</u> Rubber Duck Swim <i>Lagoon Pool</i>	<u>11:00 AM</u> Water Balloon Toss <i>Terrace</i>
<u>1:00 PM</u> Cannonball Competition <i>Lagoon Pool</i>	<u>1:00 PM</u> Lip Sync Battle <i>Lagoon Pool</i>	<u>1:00 PM</u> Harbor Beach Ninja Warriors <i>Lagoon Pool</i>	<u>1:00 PM</u> Name That Tune – Battle Of The Decades <i>Terrace</i>	<u>1:00 PM</u> Cannonball Competition <i>Lagoon Pool</i>	<u>1:00 PM</u> Lip Sync Battle <i>Lagoon Pool</i>	<u>1:00 PM</u> Harbor Beach Ninja Warriors <i>Lagoon Pool</i>
<u>2:00 PM</u> Beach Soccer <i>South Beach</i>	<u>2:00 PM</u> Learn To Dance Latin with Jelani <i>Lagoon Pool</i>	<u>2:00 PM</u> Beach Dodgeball <i>South Beach</i>	<u>2:00 PM</u> Spike Ball <i>South Beach</i>	<u>2:00 PM</u> Beach Soccer <i>South Beach</i>	<u>2:00 PM</u> Beach Dodgeball <i>South Beach</i>	<u>2:00 PM</u> Spike Ball <i>South Beach</i>
<u>3:00 PM</u> Family Feud <i>Lagoon Pool</i>	<u>3:00 PM</u> Play Your Cards Right Gameshow... Higher Or Lower? <i>Lagoon Pool</i>	<u>3:00 PM</u> Poolside Bingo <i>Lagoon Pool</i>	<u>3:00 PM</u> Poolside Potluck Trivia <i>Lagoon Pool</i>	<u>3:00 PM</u> Poolside Bingo <i>Lagoon Pool</i>	<u>3:00 PM</u> Name That Tune - All American Theme <i>Lagoon Pool</i>	<u>3:00 PM</u> Poolside Bingo <i>Lagoon Pool</i>
<u>4:00 PM</u> Paint A Wine Glass & Prosecco (\$10) (ID21+) <i>Terrace</i>						<u>4:00 PM</u> Paint A Wine Glass & Prosecco (\$10) (ID21+) <i>Terrace</i>





JANUARY WELLNESS ACTIVITY SCHEDULE

To reserve your space please sign-up at

<https://harborbeach.247activities.com/#>

AGE REQUIREMENT:

ALL GUESTS MUST BE AT LEAST 16 YEARS OLD TO REGISTER AND ATTEND CLASSES
(EXCEPTION OF KIDS YOGA AGES 3 -12)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	BEACH YOGA NANCY 50 MIN	BEACH YOGA STERLING 50 MIN	BEACH YOGA NANCY 50 MIN	BEACH YOGA NANCY 50 MIN	BEACH YOGA KEREN 50 MIN	BEACH YOGA NANCY 50 MIN	BEACH YOGA MICHELE 50 MIN KIDS/PARENTS YOGA STERLING 30 MIN
9:00AM	TOTAL BODY LISETTE 50 MIN			OUTDOOR MAT PILATES KEREN 50 MIN	SPIN CLASS KEREN 50 MIN	SPIN CLASS LISETTE 50 MIN	SPIN CLASS LISETTE 50 MIN
10:00AM	ATHLETIC STRETCH LISETTE 50 MIN			BEGINNERS AEROBICS KEREN 50 MIN	LAUGHTER YOGA KEREN 50 MIN	AQUA AEROBICS LISETTE 50 MIN	AQUA AEROBICS LISETTE 50 MIN
11:00 AM		BODY SCULPT LISETTE 50 MIN	BARRE KEREN 50 MIN				
4:00 PM	HIIT CLASS CRISTIAN 50 MIN					VINYASA YOGA MICHELE 50 MIN	CORE YOGA MICHELE 50 MIN
5:00 PM	ALL OVER STRENGTH CLASS CRISTIAN 50 MIN	SOUND THERAPY CLASS KEREN 50 MIN	ZUMBA CLASS NANCY 50 MIN		MEDITATION/SOUND HEALING JOEY 50 MIN		
6:00 PM	HATHA YOGA CARLY 50 MIN	YOGA NIDRA SUSAN 50 MIN	SCULPT & SPIN LISA 50 MIN	INDOOR MAT PILATES LISA 50 MIN			

BEACH YOGA MEETS AT THE TIKI ON THE BEACH

KIDS YOGA LOCATED AT THE SPLASH PAD (AGES 3-12) + ADULTS - MAX OF 8 PARTICIPANTS

AQUA AEROBICS IS LOCATED IN THE SPA POOL

ALL OTHER CLASSES ARE LOCATED IN THE MOVEMENT STUDIO

PRE REGISTRATION IS REQUIRED FOR ALL CLASSES BY VISITING <https://harborbeach.247activities.com>

