

The Walt Disney World Swan and Dolphin RECREATION ACTIVITIES

TURN IT UP TUESDAY

Get ready to turn it up for songs and games that really get you going!

24-Hour On-Demand Fitness Classes

Dolphin Health Club - Yoga Room. Introducing our newest health club amenity! Take classes live or on demand with our interactive video wall available 24-hours a day in our Yoga Room. These classes are to fit any schedule and skill level. Our programs feature internationally renowned fitness instructors like Jillian Michaels and more.

Live and On-Demand Peloton Spin Classes

Swan Health Club. We are excited to announce the arrival of the Pelton bicycle featuring live and on demand spin classes for all skill levels.

6am - 9pm

Aqua Fitness

Swan - Lap Pool. Jump in the pool and join us for a fun filled fitness class. All skill levels welcome.

9:15am - 10:15am

Waterslide Opens

Dolphin - Grotto Pool

10am - 6pm

Swan Paddle Boat Rentals

Dolphin - Cabana Beach Hut. Take a leisurely paddle boat ride around our lake while absorbing some sunshine, great views, and chances to see some of our local wildlife.

11am - 5pm

Serenity Journey

Dolphin - Mandara Spa. Immerse yourself in a Mandara moment and escape to a temple of relaxation. Explore the interior gardens: our intimate Tea Garden, a unique sitting and sipping room; or the Meditation Garden and learn about our ongoing specials.

12pm - 1pm

Tie-Dye T-Shirts*

Dolphin - Grotto Pool Deck. Join us on the pool deck for for totally rad Tie Dye Craft!

12:30pm - 1pm

Cool Candy Stand - Rock'n Creations*

Dolphin - Grotto Pool Deck. Nothing is more refreshing than a snow cone on a hot Florida day! Or create your own candy with our pucker powder station. Treat your taste buds with our colorful candy options.

1pm - 4pm

Music Trivia

Dolphin - Grotto Pool Deck. Are you a musical genius? Test your knowledge with this fun trivia challenge.

1:15pm - 1:45pm

It's Time to Limbo Rock

Dolphin - Grotto Pool Deck. Join us for of series of wacky and crazy line dance games that will have you wobbling, cha-cha-ing and singing Hey!

2:15pm - 2:45pm

Punch Hour* (21 and up)

Dolphin - Phins Bar. Join us for a glass of our delicious daily adult punch creation, but get there fast because when it's gone... it's gone!

4pm - 5pm

Camp Dolphin Kids Club*

Twist and Shout Dance Party!

Camp Dolphin - Dolphin Lower Level. It's time to rock out to some of your musical favorites both old and new! Come on down to camp and put on your dancing shoes. We will have great music themed movies, games, and activities that will make you Jump up and shout!

5pm - 12am

Campfire and S'mores*

White Sand Beach. Join us on our white sand beach while we sit by the fire and roast some marshmallows or even good ol' fashioned s'mores.

6pm - 7pm

Dancing Light Spectacular

Causeway. Join us on the causeway located between the hotels for a musical and light display designed to delight!

Sunset - 10pm

Karaoke

Swan - Kimonos Lounge. Join us at Kimonos and come sing your heart out! *Adults only after 11pm.

9:30pm - Close

*Nominal fee charged for this activity. Outdoor activities are weather permitted. Activity schedule subject to change without notice.

DAILY HOURS

Pool Operating Hours	6a - 11p
Cabana Beach Hut (Raft rentals, sunscreen and other pool supplies)	9a - 6p
Health Clubs Swan 6a - 9p Dolphin 24 hours	
Sports Equipment Rentals (Cabana Beach Hut)	9a - 6p
Tennis Courts	24 hours
Dolphin Game Room	6a - 11p
Mandara Spa	8a - 9p

CAMP DOLPHIN KIDS CLUB

Camp Dolphin offers fully supervised programs, including arts, crafts, movies, games, and nightly themed activities. **Reservations required. Dinner optional.**

PADDLE BOATS

Swan Paddle Boats are available for rent from 11am - 5pm. Please visit the Cabana Beach Hut for rental availability.

GOLF

Preferred tee times available on Disney's 3 championship golf courses, or our 9-hole family friendly walking course. Please call **407-WDW-GOLF** for times and information.

CAMPFIRE AND S'MORES

Join us on our white sand beach while we sit by the fire and roast some marshmallows or even good ol' fashioned s'mores. Weather permitting.

TENNIS, BASKETBALL & JOGGING TRAIL

A Basketball court, 4 lighted tennis courts and our 3 mile jogging trail are available. Equipment is available at the Cabana Beach Hut between 9am - 6pm. Jogging Maps are available at the Dolphin Health Club.

runConcierge

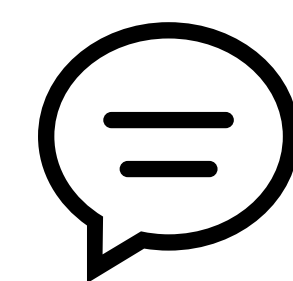
Need a running buddy? Call our runConcierge to set up a complimentary appointment and take a tour of our beautiful resort running trails. Dial ext. 4206 to schedule your next run.

HAIR WRAPS

We are pleased to offer a variety of hair braiding and hair wrapping options, as well as a large selection of airbrushed and glitter tattoos.

ADULT KARAOKE

Here's some late night fun for the adults! Join us at Kimonos in the Swan and come sing your heart out! *Adults only after 11pm.



Questions? Requests?
Text us between
7am - 11pm
407-545-6865

PARENT'S NIGHT OUT!

Receive Two Complimentary Hours At Camp Dolphin*

For kids ages 4-12 while you enjoy an evening out! This supervised activity center features games, crafts, and a movie. Dinner optional.

Open nightly, 5 pm - 12 am.

Space is limited. For additional information and reservations, please dial **extension 0**.

*Receive two complimentary hours at Camp Dolphin when dining at Todd English's bluezoo, Shula's Steak House or Il Mulino New York Trattoria.