

The Walt Disney World Swan and Dolphin RECREATION ACTIVITIES

WINNING WEDNESDAY

Sunrise Shakeout Run

7am

Swan - Health Club. Keep in touch with your fitness routine with this running tour of the beautiful Swan and Dolphin Resort Running trails. Can't make it today? No worries just call x4206 to book a complimentary appointment for another time or day with our very own run concierge.

Waterslide Opens

10am - 7pm

Dolphin - Grotto Pool

Swan Paddle Boat Rentals*

11am - 5:30pm

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.

Hair Wraps*

11am - 5pm

Dolphin - Spring Pool Deck. Hair braiding and wrapping options, as well as a large selection of airbrushed and glitter tattoos.

Build-A-Plush Pal!*

11:30am - 12pm

Dolphin - Grotto Pool Deck. Join us on the pool deck to create and take home your very own plush pal friend!

Serenity Journey

12pm - 1pm

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.

Poolside BINGO*

12:30pm - 1pm

Dolphin - Grotto Pool Deck. Join us on the pool deck for the chance to win today's jackpot of \$25 in resort credit or more and other great prizes!

Jock Jam Pool Party!

1pm - 4:30pm

Dolphin - Grotto Pool Deck. Are you ready to rumble?! It's time to **pump up the jam** and **move it move it** to some great tunes and poolside games.

Cool Candy Stand*

1pm - 4pm

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.

Sports Team Trivia

1pm - 1:30pm

Dolphin - Grotto Pool Deck. How much do you know about sports teams and their history? Join us on the pool deck for this fun trivia challenge!

Are You Smarter Than a Fun Teamer?

2pm - 3pm

Dolphin - Grotto Pool Deck. Join us for our fun twist on the classic TV show as we test your knowledge on everything from a 5th grader's classroom all the way to the Magic Kingdom and beyond!

Biggest Splash Contest

3pm - 3:30pm

Dolphin - Grotto Pool. Come on down for the biggest wettest challenge this side of Disney. This contest is fun for the whole family with prizes that both parents and kids will enjoy!

Make Your Own Bouncy Ball!*

4pm - 4:30pm

Dolphin - Grotto Pool Deck. Its time for the good old fashioned fun of a super powered bouncy ball that you get to design yourself!

Camp Dolphin Kids Club*

5pm - 12am

Team Spirit - Go Camp Dolphin!

Camp Dolphin - Dolphin Lower Level. Have a ball of a time with sports themed arts, crafts and games! Everyone wins here!

Campfire and S'mores*

6pm - 7pm

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.

Dancing Light Spectacular

Sunset - 10pm

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

Karaoke

9:30pm - Close

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

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

DAILY HOURS

Pool Operating Hours	9a - 10p
Cabana Beach Hut	9a - 6p (Raft rentals, sunscreen and other pool supplies)
Health Clubs	Swan 6a - 9p Dolphin 24 hours
Sports Equipment Rentals	9a - 6p (Cabana Beach Hut)
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 - 5:30pm. Please visit the Cabana Beach Hut for rates and rentals.

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.